Simplified (Trikala Sandhya Vandanamu)

RUGVEDA SANDHYA VANDANAM

(in ENGLISH)



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KONNI NIYAMAMULU/SUCHANALU

01. KĀLANIRṆAYAMU:- UshahKālamuna / Prathahkālamuna Nidhra Lēvavalayunu. - Ushah Kālamu Anagā Sūryōdayamunaku Mumdhu 5 Ghadiyalu. (Ghadiya Anagā 24 Nimishamulu) Anagā 4 Gam.laku (4 am.) Thellavārujāmuna – Prāthahakālamu Anagā Sūryodhayamunaku Mundu 3 Ghadiyalu. Anagā Sumāru Gam.4.45 Ni.laku (4.45 am.) Yetti Paristhithulalōnu Sūryōdhayamu Ayina Tharuvātha Nidrimcharadū.

02. Kālakruthyamula Anamtharamu Snānamu Chēyavalenu. Snānamu Chēyunapudu (Dhigambaramugā Snānam Chēyarādhu) – "Hari Nārāyaṇo Gamgā, Gamgā Nārāyaṇō Harihi. Harirvisvarō Gamgā, Gamgā Visvarō Hari". "Gamgē Cha Yamunēchaiva Gōdhāvarī Sarasvathī. Narmadhē Simthhu Kāverī, Jalēsmin Sannidhim kuru. Kāvērī Thumgabhadhrācha, KrishnaVēṇi Cha Gowthami". Bhāgīrathī Ithi Vikyāthaha Pamchagamgā Prakīrthithā Snānakālē Patthennithyam Mahāpāthakanāsanam." "Apavithraha Pavithrōvā Sarvāvasthamgathō Pivā Yassmarēth Pundarīkāksham, SabāhyambhyamtharaSsuchihi. Pundarīkāksha! Pundarīkāksha!! Pundarīkāksha!!! (Ani Sirassupai Nīru Challukonavalenu)

03. THITHHI NIRṆAYAMU:- Okkokka Dhinamunandhu Rendēsi Thithhulu Umdavachchunu. Kāni Nithyakarmalu Chēyunappudu Sūryōdhayādhi – Prāthaha Kālamunamdhu Gala Thithhyādhulanē Grāhimchi Samkalpamu Namdhu Cheppavalenu. Okavēḷa Marunātiki Tharuvatha Thithhi Undaka Thellavārujāmunanē Pūrthi Ayinayedala, Aānāti Thithhiyēdhō Cheppi Anamtharam Thithhiyēdhō Cheppavalenu. Udha:- Sōmavāram Udhayam Sapthami 6.50 Varaku Unnadhi. Marunādu Mamgaḷavāram Ashtami Thellavārujāmuna Gam 5.15 Ni.kē Pūrthi Ayinadhi. Appudu Mamgaḷavāram Navami Thiththiyē. Atti Samdhrbhamulalō Sapthami Thithhi Samayamlo Samdhyā Vamdhanamu Chēyunappudu Sapthamyām Anamthara Ashtamyām Aniyu, Ashtami Thithhiyamdhu Samdhyāvamdhanamu Chēyunappudu Sapthamyām Thathkala Ashtamyām Aniyu Cheppukonavalenu.

04. VIBHŪTHIDHĀRAṆA:- Vibhūthi Bhasmamunu Yedama AraChēthi Lōniki Vēsukoni, Nītichukkalathō Thadipi – "Ūrdhva Pundram Mrudhā Kuryādh Bhasmanā Thu Thripumdrakam, Ubhayam Chamdhanē Naiva Abhyamgōthsava Rāthrishu" Ani Pattimchuchu Contd…51.

Om Srirasthu Shubhamasthu Avignamasthu

Om Sri Lakshmi MahāGanādhipathaye Namaha Om Sri RamaChandraParabhramane Namaha

RUGVEDA SANDHYA VANDANAM

(Prāthah Kalamunandu – MadhyāHna Kālamunandu – Sāyam Kālamunandu SūryabhiMukhamuga – Thūrpu Lēdā Uththara Disagā Mukhamu Chesi Yēdēni Āsanamupai Kūrchoni Bhasmadhāraṇa (Slo: SrīKarancha Pavithrancha Sōkarōga Nivaranam. Lōkē Vasīkaram Punsām BhasmaThrailōkya Pāvanam) Lēdā Thilakadhārana Chēsina Pidapa Udharinilō Nīru Thīsukoni Sirassuna Sarīramupai Mummāru Mārjanamu Chesikonuchu Eē Krindhi Manthramunu Patthimpavalenu).

"Harihi Om Apavithra Pavithrōvā Sarvāvastham Ga Thōpivā I Yasmarēth Pundarīkāksham Sa BāhyāBhyanthara Suchihi II"

Pundarīkāksha! Pundarīkāksha! Pundarīkāksha!!!

(Kudichēthi Botanavrēlunu Nadimivrēli Modhatiki Thagulunattlugā Vanchi, Dhānimīdhaki Chūpudu Vrēlunu Vanchi Pattinachō Gokarnākruthigā Yērpadu AraChēthilō (Minapa Ginja Mulugunanni) Nītini Pōsukoni, Āchaminchavalenu.)

AACHAMANAMU

Om Kēsavāya Swāhā (Ani Mūdumārlu Aāchaminchavalenu)
Om Nārāyaṇāya Swāhā "
Om Mādhavāya Swāhā "
Om Gōvindhāya Namaha (Arachēthulu Rentini
Om Vishṇavē Namaha Kadugu Konavalenu)
Om Madhhusūdhanāya Namaha (Ani Botana Vrēlithō Pai Pedavini, Tharvātha Krindi Pedavini Thuduchukonavalenu)
Om TrivikramāYa Namaha "

Om VāManāYa Namaha (Ani Siramuna Rendu Mārlu
Om SridharāYa Namaha NīLḷu Challukonavalenu)
Om HrushīKēSāYa Namaha (Ani Yedama Chethipai
Om PadmanāBhāYa Namaha Nīru Challukonavalenu)
Om DāMōdarāYa Namaha (Ani Sirassupai NīLḷu Challukonavalenu)
Om Sankarshaṇāya Namaha (Ani ChēthivrēLḷanu Ginnevale Chesi VrēLḷa MūLamulathō Gaddamunu Sprusinchavalenu)
Om Vāsudevāya Namaha (Ani Botana, UngarapuVrēlḷathō
Om PradhyumnayaNamaha Nēthramulanu Thākavalenu.)
Om AnirudhdhāYa Namaha (Ani Botana,ChūPuduVrēlḷatho
Om PurushōththamāYa Namaha Mukku Randhramulanu Thākavalenu.)
Om AdhōkchajāYa Namaha (Ani Botana, Chitikena Vrēlḷatho
Om NārasimhāYa Namaha Chevulanu ThāKavalenu)
Om Atchyuthāya Namaha (Ani Botana, Madhya Vrēlḷatho NāBhini ThāKavalenu)
Om JanārdhanāYa Namaha (Ani Vrelḷa Konalathō VakshaSthalamunu ThāKavalenu)
Om UpēndrāYa Namaha (Ani Vrēlḷa Konalatho Siramunu ThāKavalenu)
Om Harayē Namaha (Ani Mukulḷitha Hasthamulatho Kudi,
Om SriKrishnāya Namaha Yedama BāhuMūlamu (Bhujamu) Lanu ThāKavalenu)
Om Srikrishna Parabrahmaṇe Namaha

(Ee Vidhamugā ĀChamanamu ChēSina Yedala Srimannārāyaṇunithō SamāNudagunu)

(Ee Krindi Manthramunu Pattinchi ĀSanamu Krinda Bhūmini Sprusimpchi Chakkagā Kūrchonavalenu)

ĀSana Manthrasya Prudhivyāha Mēruprushttha Rushihi – KūrmōDhēVathā - Suthalam Chhandhaha – AāSanē ViniyōGaha* – Om KūrmāSanāya Namaha – Om AnanthāSanāya Namaha.

*VINIYOGAHA: Vēdamanthramula Viniyōgamunaku Mundu, Aāyā Manthramulaku Sambhamdhimchina Rushi, Chandassu, Dēvathala Smaranamu Nirdhistamugā Chēyavalayunu. Adi Sāsthrīyamu. RushiRuna Vimōchanamu Anu Māta Gamanārhamu. Viniyōgamunandu Jalamunu Viduva Valasina Paniledu.

(Eē Krindi Mantramunu Patthinchuchu Bhūthamulanu VedalaGottu Chunnatḷḷu Bhāvimpavalenu)

(Chethilōniki Nīru Thīsikoni Vāsanasūchi YedamaChēthi Prakkagā Venukaku Nīru Visaravalenu.)

BHŪTHŌCHCHĀTANAM

Slo: Uththishtthamthu BhūthaPisāchāha Ya Yēthē

BhūmiBhārakāha | YēthēshāmaVirōdhēna

BrahmaKarma SamāraBhē ||

PRĀNĀYĀMA VIDHI - Manassunu Nirmalamugā Nunchikoni, Gāyathrī DēviYandu Manassunu NilipiYunchavalenu. Mundugā Vennu, Kantthamu, Sirassu, NitāRuga Yēkadandamu Valē Nilipi Kūrchundavalenu. Kudichēthi Angustthamu (BotanaVṛēli) Tho Kudimukkunu Mūsi, Yedama Mukkudwārā Nemmadigā GāLi Pīlchuchū Prānāyāma Mantramunu DhyānaPūrvakamugā Manassuthō Chaduvuthū "Pūrakamu" Chēyavalenu. Tharwātha Anāmika, Kanishtika Vrēllatho Yedama Mukku Randramunu Mūsi Unchavalenu. Ippudu Mānasikamugā Prānāyāma Mantramunu Patthinchavalenu. Rendu Mukku Randramulu Mūyabadi Swāsanu Nilipi Unchutanu "Kumbhakamu" Anduru. Anantharamu Kudi Mukkunu Mūsi Unchina

BotanaVrelunu Tholaginchi Nemmadi Nemmadigā Oka Māru Prānāyāma Manthramunu Mānasikamugā Cheppuchū Swāsanu VadaliPettavalenu. Swasanu VadaliPettu Kriyanu "Rēchakamu" Ani Anduru. Pūrakamu, Kumbhakamu, Rēchakamu Anu Mūdu Karmalanu Okasāri Chēyutanu Oka Prānāyāmamani Anduru.

PRĀNĀYĀMAM

Om PranạvasyaParabrahmā Rushihi Paramāthmā Dēvathā Dēvi Gāyathrī Chhandaha | Prānạyāmē Viniyōgaha* ||

Om Bhūh – Om Bhuvaha - Om Suvaha – Om Mahaha – Om Janaha – Om Thapaha – Om Sathyam – Om Thathsavithurvarēṇyam BhargōDēvasya Dhīmahī Dhiyō Yō Naha Prachōdhayāth – O Mapō Jyōthī Rasō(a)mrutham Brahma Bhūrbhuvassuvarōm||

(GAYATHRĪ MANTHRA PRATHIPADĀRDHAMU

Om = SarvapariPūrnamaina ParaBrahmaSwarūpamainadiyu, Bhūh = Sath – SathsvaRūpamainadiyu, Bhuvaha = Chith – ChithsvaRūpamainadiyu, Svaha = Aānanda Svarūpamainadiyu, Dēvasya = SvayamJyōthi Svarūpamainadiyu, Savithuhu = Srushti, Sthithi, Laya Kāranamainadiyu, (BrahmāthmakaMainadiyu), Varēnyam = Srēshtthamaina, (VishnvāthmakaMainadiyu) Bhargaha = Ajñanamanedu Chīkatini Pōgottunadiyunagu, (Sivāthmakamainadiyu), Yaha = Yē Thējassu (Ayithē), Vaha = Mā Yokka, Dhiyaha = Buddhulanu, Prachōdayath = Prērepinchu Chunnadō, Thath = Aā Brahmathējassunu (Mēmu), Dhīmahi = Dhyānamu Chēsedamu.

DĒSAKĀLA SAMKĪRTHANA PŪRVAKA SAMKALPAMU

Sri Gōvinda! Gōvinda!! Gōvinda!!! Subhhābhyu-dayārthham Cha Subhē Sōbhanē Mangaḷē Muhūrthē Sri Siva Siva Sambhōrājñayā Pravarthmānasya / Sri Mahā Vishnōrājñayā Pravarthamānasya AdyaBramaṇaha, DvithīyaParārthē Swētha VarāhaKalpē, Vaivaswatha-Manvantarē, Ashtāvimsanmahā Yugē, Kaliyugē, PraThhamaPāde, Athra Pruthhivyam̄, Jambūdvīpē, BharathaVarshē, BharathaKhandē, Mērōh Dakshiṇa Digbhāgē SriSailasya Eēsānya Pradēsē (Thāmu Unna Pradēsamu "SriSailamunaku" Yē Dikkuna Unnadō - (Eesānya Pradēsē (Kōsthā Jillālavāru) Vāyuvya Pradēsē (Hyderābadu Prāntham Vāru) Āgnēya Digbhāge (Madarāsu Prāntham Vāru) Krishna Gōdāvarī MadhhyaPradēsē (Yē Yē Nadula Madhana Unnadō Avi Mārchukoni Cheppavalenu) Sri MahāLakshmī Nivāsa Svagruhē / Sōbhana Gruhē Samastha Dēvathā Brāhmaṇa Hari Hara Charaṇa Sannidhaw̄ Asmin Varthamāna Vyāvahārika Chāndramānēna (Jaruguchunna Samvastharam, Āyanamu, Ruthuvu, Nela, Pakshamu, Thidhi, Vāramu Cheppavalenu). Prabhavādi Shashti Samvastharānạm Madhyē Swasthi Sri ………………… Nāma Samvathsarē, Uththarāyanẹ / Dhakshināyanē ……………. Ruthaw̄, ……………. Māsē Sukla Pakshē / Krishna Pakshē ………………Thidhhaw̄ …………. Vāsarē SubhaVāsarē Subha Nakshathrē Subhayōgē, Subhakaranẹ Yēvam

Graha Guṇa Visēshaṇa Visishtāyām Asyām SubhaThidhhāw, Srīmān .... Gōthraha .... Sarmābhi-DhēYōham Srīmathaha ....Gōthrasya .... SarmābiDhhēyasya, Om Om Om (Yejnopavītha Dhārana Samayamlō - "Mama Srōwtha Smārtha Nithya Naimiththika Kāmya karma Anushtthāna Yōgyathā Sidyardham Brahma Thējōbhi Vrudhdhyardham Cha Nūthana Yagnōpavētha Dhāranam Karishyē" - Ani Cheppukonavalenu), Mama Upāththa Samastha Durithakshaya Dhvārā Sri Paramēṣhvara Mudhdhisya , Sri Paramēshvara Prīthyartham Pratah (Mādhyānhīka – Sāyam) Sandhyā Mupāsishyē . (Yedama Chētha Uddharanithō Pāthralōni Nītini tīsukuni Kudi chēthilō Pōsukoni Dēvathīrthamu Dvārā Pallemulō Vadalavalenu.) Ithi Samkalpya.

RUTHUVULU

Chaithramu, Vaisākhamu – Vasantha Ruthuvu
Jēshttamu, Āshādamu – Grīshma Ruthuvu
Srāvanạmu, Bhādrapadamu – Varsha Ruthuvu
Āasvayujamu, Kārtikamu – SarthRuthuvu
Mārgasiramu, Pushyamu – Hēmantha Ruthuvu
Māghamu, Pālguṇamu – Sisira Ruthuvu

VĀRAMULU

Sunday (Ādivāramu) – Bhānu(Ravi) Vāsarē
Monday (Sōmavāramu) – Indhu Vāsarē
Tuesday (Mamgaḷavāramu) – Bhowma (Kuja) Vāsarē
Wednesday (Budhavāramu) – Sowmya Vāsarē
Thursday (Guruvāramu) – Bruhaspathi(Guru) Vāsarē
Friday (Sukravāramu) – Bhrugu Vāsarē
Saturday (Sanivāramu) – Sthira(Manda) Vāsarē

THITHHLU

Pādyami – Prathipaththithow, Vidiya – Dwithīyāyām,
Thadiya – Thruthīyāyām, Chavithi – Chathurdhayām,
Panchami – Pamchamyām, Shashtthi – Shashtthayām,
Sapthami – Sapthamyām, Astami – Ashtamyām,
Navami – Navamyām, Dhasami – Dhasamyām,
Yekādasi – Yēkadasamyām, Dwādasi – Dwādasamyām,
Trayōdasi – Trayōdasamyām, Chathurdasi – Chathurdasamyām,
Powrnami – Pūrnimāyām, Amāvāsya – Amāvasyāyām.

PRATHHAMA MĀRJANAM

(THRIKĀLA SAMDHYALA YAMDHU OKĒ VIDHAMU)

Āpōhishtthēthi Thisrūnạm SimdhuDvīpaRushihi – Paramāthmā Dēvathā - DēvīGayathrīChchhamdhaha – MārjanēViniyōgaha.

(Udhdhariṇilō nīru Thīsikoni, Yedama Chētha Pattukoni Prathi Mantramu Chivara Okasāri Kudichēthi Botana, Madhyama, Umgarapu Vrēḷḷthō Siramupai Jalamunu Mārjanamu Chēsikonavalenu. 8 va Mantramunaku Mātramu Nītini Pādhamulapai Challukonavalenu.)

01. Om Āpō Hi Shttha MayōBhuvaha, 02. Om Thā Na Ūrjē Dhadhāthana, 03. Om Mahe Raṇāya Chakshase, 04. Om Yō Va Ssivathamō Rasaha, 05. Om Thasya Bhāja Yathē Hanaha, 06. Om Usathīriva Mātharaha, 07. Om Thasmā Aram Gamāma Vaha, 08. *Om Yasya Kshayāya Jinvathha,* 09. Om Āpo Janayathhā Cha Naha.

(Anantharamu) “Om Bhūrbhuvaha Swaha | Thathsa Vithurvarēṇyam Bhargō Dēvasya Dhīmahi | Dhiyō Yō Naha Prachōdayāth – “Ithyāthmānam Jalēna Parishichya” (Ani Chebuthū Migilina Jalamunu Paḷḷemulō Viduvavalenu.)

MANTHRĀCHAMANAM

(Kudichēthi Botana Vrēlunu Nadimi Vrēli Modatiki thagulunattlugā Vanchi, Dhanimīdiki Chūpudu Vrēlunu Vanchi Pattinachō Gōkarnākruthigā Yērpadu Arachēthilō Udhdhariṇedu Nītini Pōsikoni, Eē Krinda Pērkona Badina Vidhamugā Mūdu Vēḷalalō, Āayā Mantramulathō AbhiMantrinchi Trāgavalenu.)

01. PRĀTHAHA KĀLA MANTHRĀCHAMANAMU

Suṝyaschēthyasya Mantrasya –
Yājñavalkōpanishadha Rushihi –
SuṝyaMāmanyu Manyu Pathayō
RāthriDēvathāha - PrakruthiSchhamdhaha
Mantrāpaha Prāsanē Viniyōgaha ||
"Om Suṝyascha Mā Manyuscha Manyupathayascha Manyukruthēbhyāha| Papēbhyō Rakshanthām| Yadrāthrāya PāpaMakārsham| Manasā Vāchā Hasthābhyām| Padhhbhyā Mudarēṇa Sisnā| RāthristhaDavalumpathu| Yathkimcha Dhuritham Mayi | Yidha Maham Mā Mamrutha Yōnow I Sūryē Jyōthishi Juhōmi Svahā ıı" (Ithi Jalam Pēthvā)

O2. MĀDHYĀNHIKA MANTHRĀCHAMANAMU

ĀPaha Punamthvithyasya Mantrasya –
PūthaRushihi I Pūthā (Āpō) Dēvathā
Ashttichchhandhaha – Abhyamthara Sudhyarthham
Apām Prāsanē Viniyōgaha *ıı

"Om Āpaha Punamthu Pruthhivīm Pruthhivī Pūthā punāthu Mām I Punamthu BrahmaṇaSpathi Rbhrahmạ Pūthā Punāthu Mām I Yadhuchchhishtta Mabhōjyam Yadhvā Dhuscharitham MaMaha I Sarvam Punamthumā Māpō(a)sathām Cha Prathigrahagg Swāhā ıı" (Ithi Jalam Pīthvā).

03. SĀYAMKĀLA MANTRĀCHAMANAMU

Agni Schēthyasya Mantrasya I Yājñyavalkyōpanishadha Rushihi I Agnimanyu Manyupathi Rdēvathāha I PrakruthiSchamdhaha Manthrāchamanē Viniyōgaha ıı

"Om Agnischa Māmanyuscha Manyupathayascha Manyu Kruthēbhyaha I Pāpēbhyō Rakshantham I Yadhahnā Papamakārshm I Manasā Vāchā Hasthābhyām I Padhbhyā Mudharēṇa Sisnā I Ahastha Dhavalumpathu I Yathkimcha DurithamMayi I YidhaMaham MāMamrutha Yōnow I SathyēJyōthishi Juhōmi Swahā ıı" (Ithi Jalam Pīthvā)

ĀCHAMYA : - Om Kēsavāya Swāhā, Om Nārāyaṇāya Swāhā, Om Mādhavāya Swaha, Om Gōvindāya Namaha, Om Vishṇavē Namaha, Om Madhu Sūdanāya Namaha, Om Trivikramāya Namaha, Om Vāmanāya Namaha, Om Sridharāya Namaha, Om Hrushīkēsāya Namaha, Om Padmanābhāya Namaha, Om Dāmodarāya Namaha, Om Sankarshaṇāya Namaha, Om Vasudevāya Namaha, Om Pradhyumnaya Namaha, Om Anirudhdhāya Namaha, Om

Purushothamāya Namaha, Om Adhokshajāya Namaha, Om Nārasimhāya Namaha, Om Atchuthaya Namaha, Om Janārdhanāya Namaha, Om Upendrāya Namaha, Om Harayē Namaha, Om Sri Krishnaya Namaha, Om Sri Krishna Parabrahmaṇē Namaha.

PUNARMĀRJANAMU (DWITHĪYA MĀRJANAM)

(TRIKĀLA SAMDHYALAYAMDHU OKĒ VIDHAMU)

Āpōhistthēthi Thisrūṇām Sindhudvīpa Rushihi – Paramāthmā Dēvathā - GāyathrīChchhamdhaha – Punarmārjanē Viniyōgaha ı

(Udhdhariṇilō Nīru Thīsikoni, YedamaChētha Pattukoni Prathi Mantramu Chivara Okasāri KudiChēthi Botana, Madhyama, Ungarapu Vrēḷḷathō Siramupai Jalamunu Mārjanamu Chēsikonavalenu. 8 va Mantramunaku Mātramu Nītini Pādhamulapai Challukonavalenu.)

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01. Om Āpō Hi Shttha MayōBhuvaha, 02. Om Thā Na Ūrjē Dhathhāthana, 03. Om Mahe Raṇāya Chakshase, 04. Om Yō Va Ssivathamō Rasaha, 05. Om Thasya Bhāja Yathē Hanaha, 06. Om Usathīriva Mātharaha, 07. Om Thasmā Aram Gamāma Vaha, 08. *Om Yasya Kshayāya Jinvathha,* 09. Om Āpo Janayathhā Cha Naha.

(Eē Krindhi Mantramulaku kūdā Udhdhariṇilō Nīru Thīsikoni, YedamaChētha Pattukoni Prathi Mantramu Chivara Okasāri KudiChēthi Botana, Madhyama, Ungarapu Vrēḷḷathō Siramupai Jalamunu Mārjanamu Chēsikonavalenu.)

Samnō Dēvi Rabhishtaya Apō Bhavamthu Pītha Yē I Samyōrabhi Sravamthunaha ıı Ēsānā Vāryāṇām Kshayamthīscha Rshaṇīnām I Apōyāchāmi Bhēshajam

I Aāpsu Mē Sōmō Apravīth I Aamtharvisvāni Bhēshajā I Agnim Cha Visva Sambhuvam I Aāpascha Visvabhēshajam I Varūdham Thanva3Hēmama Jyōkcha Sūryam Dhrusē I Idhamāpaha Pravahatha I Yathkimcha Dhuritham Mayi I Yadhvāha Mabhidhudhrōha Yadhvā Sēpha Uthāmrutham I Apō Adhyānva Chārisham Rasēna Samaganmahi Payahva Nagna Aāgahi Tham Mā Samsruja Varchasā I Sasrushī Sthadhapasō Divānaktham Cha Sa Srushīhi Varēṇya Kathu Raha Mādhēvī Ravasēhōvē Aāpōmām Rakshamthu II

PĀPAVIMŌCHANA MANTRAHA

(KudiChēthilō Jalamunu Thīsikoni, Krindi Mamtramunu Pattimchi, Yedama Mukku Svāsanu nilipi, Aā Jalamulōniki Kudi Mukkulō nundi Pāpapurushuni Nihsvāsarūmuga vidichi Thanaku Yedamavaipuna Aā Jalamunu Visarjimpavalenu – Atti Jalamunu Thirigi Chūdakūdadu)

Bhadhranna IthyasyaMantrasya – Iamdhra Vimadha Rushihi – Agnihi ParamāthmāDēvathā - Yēkapadhā Virātchhamdhaha I Bhadhramnō Apivādhayathamanaha II

Ruthamcha SathyamChēthyasya Sūkthasya AghamarshaṇaRushihi – Bhāvavruthō Dēvathā Anushtup Chandaha – Aghamarshaṇē (Mama Pāpa Purusha Jala Visarjanē) Viniyōgaha*.

Om Rutham Cha Sathyam Chābhīdhdhhāththapasō(a)dhya Jāyatha Thathō Rāthraya Rajāyatha Thatha Ssamudrō Arṇavaha I SamudhrāDharṇavādhadhhi Samvathsarō Ajāyatha̡ Ahōrāthrāṇi Vidhadhhadhvisvasya Mishathō Vasī - SūryāChamdhraMasoŵ Dhhāthā Yadhhā Pūrvamakalpayath – Dhivam Cha Prudhivīm Chanthariksha Madhhōsuvaha ıı"

(Nīru Palḷemulō Viduva Valenu).

ĀCHAMYA : - Om Kēsavāya Swāhā, Om Nārāyaṇāya Swāhā, Om Mādhavāya Swaha, Om Gōvindāya Namaha, Om Vishṇavē Namaha, Om Madhu Sūdanāya Namaha, Om Trivikramāya Namaha, Om Vāmanāya Namaha, Om Sridharāya Namaha, Om Hrushīkēsāya Namaha, Om Padmanābhāya Namaha, Om Dāmodarāya Namaha, Om Sankarshaṇāya Namaha, Om Vasudevāya Namaha, Om Pradhyumnaya Namaha, Om Anirudhdhāya Namaha, Om Purushothamāya Namaha, Om Adhokshajāya Namaha, Om Nārasimhāya Namaha, Om Atchuthaya Namaha, Om Janārdhanāya Namaha, Om Upendrāya Namaha, Om Harayē Namaha, Om Sri Krishnaya Namaha, Om Sri Krishna Parabrahmaṇē Namaha.

II PRĀṆANĀYAMYA II

Om Bhūh – Om Bhuvaha - Om Suvaha – Om Mahaha – Om Janaha – Om Thapaha – Om Sathyam – Om Thathsavithurvarēṇyam BhargōDēvasya Dhīmahī Dhiyō Yō Naha Prachōdhayāth – O Mapō Jyōthī Rasō(a)mrutham Brahma Bhūrbhuvassuvarōm||

ARGHYAPRĀDHANAM

(Eē Krindhi Vidhhamugā Samkalpamu Cheppi Sūrya Bhagavānunaku Mūdu Mārlu Arghyamunu Eēyavalenu. Kalathīthamainacho Mumdhugā "Kālāthītha Prāyaschiththargya Pradhānam Karishyē" Ani Cheppi Arghyamīyavalenu. (Samaya Nirdhēsamu Sarigā Chēyalēmu Kāvuna Kālāthikramaṇamu Kākapōyinanu Prayaschiththārghyamu Ichchuta Uththamamu) Udayamu Mariyu Madhyāhnāmu Thūrpu Mukhamugā Nilabadi, Sāyamthramu Paschima Mukhamugā Kūrchumdi, Dhōsittlō Jalamu Thīsikoni SaMantramuga Palḷemulō Viduvavalenu).

DĒSAKĀLA SAMKĪRTHANA PŪRVAKA SAMKALPAMU

Sri Gōvinda! Gōvinda!! Gōvinda!!! Subhābhyu-dayārtham Cha Subhē Sōbhanē Mangaḷē Muhūrthē Sri Siva Siva Sambhōrājñayā Pravarthmānasya / Sri Mahā Vishnōrājñayā Pravarthamānasya AdyaBhramaṇaha, DvithīyaParārthē Swētha VarāhaKalpē, Vaivaswatha-Manvantarē, Ashttāvimsanmahā Yugē, Kaliyugē, PraThamaPāde, Athra Pruthivayam̄, Jambūdvīpē, BharathaVarshē, BharathaKhandē, Mērōh Dakshiṇa Digbhāgē SriSailasya Eēsānya Pradēsē (Thāmu Unna Pradēsamu "SriSailamunaku" Yē Dikkuna Unnadō - (Eesānya Pradēsē (Kōsthā Jillālavāru) Vāyuvya Pradēsē (Hyderābadu

Prāntham Vāru) Āgnēya Digbhāge (Madarāsu Prāntham Vāru) Krishna Gōdāvarī MadhyaPradēsē (Yē Yē Nadula Madhana Unnadō Avi Mārchukoni Cheppavalenu) Sri MahāLakshmī Nivāsa Svagruhē / Sobhana Gruhē Samastha Dēvathā Bhrāhmanạ Hari Hara Charanạ Sannidhaw̄ Asmin Varthamāna Vyāvahārika Chāndramānēna (Jaruguchunna Samvastharam, Āyanamu, Ruthuvu, Nela, Pakshamu, Thidhi, Vāramu Cheppavalenu). Prabhavādi Shashtti Samvastharānạm Madhyē Swasthi Sri ………………. Nāma Samvastharē, Uththarāyanẹ / Dakshināyane ……………. Ruthaw̄, ……………. Māsē Sukla Pakshē / Krishna Pakshē ………………Thidhaw̄ ………… Vāsarē SubhaVāsarē Subha Nakshathrē Subhayōgē, Subhakaranẹ̄ Yēvam Graha Gunạ Visēshanạ Visishtāyām Asyām SubhaThidhāw, Srimān ……………. Gōthraha ……………… Sarmābhi-DhēYōham Srimathaha ………………Gōthrasya ………….. SarmābiDhēyasya, Om Om Om Mama Upāththa Samastha Durithakshaya Dhwārā Sri Paramẹ̄shwara Mudhdhisya , Sri Paramēshwara Prithyartham Pratah (Madhyānhīka – Sāyam) SandhyāArghya Pradhānam Karishyē. (Yedama Chētha Udhdharinịthō Pāthralōni Nītini Thīsukoni Kudichēthilō Pōsukuni Dēvathīrdhamu Dhvārā PalḷemuloVadhalavalenu).

01. PRĀTHAHAKĀLA ARGHYA PRADHĀNAMU

Gāyathryā Gādhiputhrō VisvāmithraRushihi – Savithā Dēvathā - GāyathrīChhandhaha – Prāthaha Samdhhyāmga SūryārghyaPradhānē Viniyōgaha I

(Mundhugā) Prāthaha Samdhhyāmga Sūryārghya-Pradhānena Mukhya Kālāthikramaṇa Dhōsha Parihārārthham Prāyaschiththarghya Pradhānam Karishyē"

"Om Bhūrbhuvaha Svaha I Thathsa Vithurvarēṇyam I BhargōDēvasya Dhīmahi I
Dhiyō Yō Naha Prachōdhayāth ıı"

(Ani Cheppi Arghyamīyavalenu)

Gāyathryā Gādhiputhrō VisvāmithraRushihi – Savithā Dēvathā - GāyathrīChhandhaha – Prāthaha Samdhhyāmga SūryārghyaPradhānē Viniyōgaha I

"Om Bhūrbhuvaha Svaha I Thathsa Vithurvarēṇyam I BhargōDēvasya Dhīmahi I
Dhiyō Yō Naha Prachōdhayāth ıı"

(Ani Idē Manthramunu Pattimchuchu Varusagā Mūdu Mārllu Arghyamunīyavalenu) (Nītini Palḷemulō Viduvavalenu)

02. MADHYĀNHIKA ARGHYAPRADHĀNAMU

Om Aākrushṇē Nēthyasya Manthrasya – Hiraṇyasthūpa Rushihi Savithā I Thrishtup Chamdhhaha – Sūryō Dēvathā - Mādhyāhni Kārghya Pradhānē Viniyōgaha ı

Mādhyāhnika Samdhhyāmga Sūryārghya Pradhānena Mukhya Kālāthikramaṇa Dhōsha Parihārarthham Prāyaschiththarghya Pradhanam Karishyē ıı

"Om Bhūrbhuvaha Svaha I Thathsa

Vithurvarēṇyam I BhargōDēvasya Dhīmahi I
Dhiyō Yō Naha Prachōdhayāth ıı”

(Ani Prāyaschiththa Arghyamunu Eēyavalenu)

“Om (Haggmnassuthisha Dhvasuramthariksha) Hamsa SsuchiShadhva Surantharikshasadhdhhō Thāvēdhisha Dhathithhi Rdhurōṇa Sath I Nrusha Dhvarasadhrutha Sadhvyōma Sadhabjā Gōjā Ruthajā Adhrijā Rutham Bruhath ıı”

(Ithi Prathamārghyam)

“Om Aākrushṇēna Rajasā Varthamānō Nivēsa Yannamrutham Marthyam Chaha I Hiraṇya Yēna Savithārathhē Nā (a)Dēvō Yāthi Bhuvanāvi Pasyan ıı”

(Ithi Dvithēyarghyam)

“Om Bhūrbhuvaha Svaha I Thathsa
Vithurvarēṇyam I BhargōDēvasya Dhīmahi I
Dhiyō Yō Naha Prachōdhayāth ıı”

(Ithi Thruthīyarghyam)

03. SĀYAMKĀLA ARGHYA PRADHĀNAMU

(Sāyam Samdhyāyām ArghyaPradhānam Prāthahakāla Vathsamānam)

Gāyathryā Gādhiputhrō VisvāmithraRushihi – Savithā Dēvathā - GāyathrīChhandhaha – Sayam Samdhhyāmga SūryārghyaPradhānē Viniyōgaha I

(Mundhugā) Sayam Samdhhyāmga Sūryārghya-Pradhānena Mukhya Kālāthikramaṇa Dhōsha Parihārārthham Prāyaschiththarghya Pradhānam Karishyē”

“Om Bhūrbhuvaha Svaha I Thathsa

Vithurvarēṇyam I BhargōDēvasya Dhīmahi I
Dhiyō Yō Naha Prachōdhayāth ıı”

(Ani Cheppi Arghyamīyavalenu)

Gāyathryā Gādhiputhrō VisvāmithraRushihi – Savithā Dēvathā - GāyathrīChhandhaha – Sayam Samdhhyāmga SūryārghyaPradhānē Viniyōgaha I

“Om Bhūrbhuvaha Svaha I Thathsa Vithurvarēṇyam I BhargōDēvasya Dhīmahi I
Dhiyō Yō Naha Prachōdhayāth ıı”

(Ani Idē Manthramunu Pattimchuchu Varusagā Mūdu Mārllu Arghyamunīyavalenu) (Nītini Paḷḷemulō Viduvavalenu)

ATHMAPRADHAKSHIṆAMU – PARISHECHANAMU

(THRIKĀLAMULAYAMDHUNU OKĒ VIDHAMUGĀ UMDUNU)

(Dhōsitlō Nīru Thīsikoni Dhiguva Manthramunu Pattimchuchu Pradhakshiṇamu Chēsthū Chēthilōni Udhakamunu (Thana) Chuttu Viduvavalayunu)



Asāvādhithyō Brahmā Brahmaiva Sathyam Brahmyaivāham I Yōsāvādhithyō Hiraṇmayaha Purusha Ssayēvāhamasmi ıı

(Ethyāthmanam Pradhakshinam Kruthvā)

UththishtthaDēvigamthavyam Punarā Gamanāyacha I Prasīdha Dēvi Thushtāthvam Pravisya Hrudhayam Mamaha ıı

(KŪRCHUNI) II **DWIRĀCHAMYA : -** Om Kēsavāya Swāhā, Om Nārāyaṇāya Swāhā, Om Mādhavāya Swaha, Om Gōvindāya Namaha, Om Vishṇavē Namaha, Om Madhu Sūdanāya Namaha, Om Trivikramāya Namaha,

Om Vāmanāya Namaha, Om Sridharāya Namaha, Om Hrushīkēsāya Namaha, Om Padmanābhāya Namaha, Om Dāmodarāya Namaha, Om Sankarshaṇāya Namaha, Om Vasudevāya Namaha, Om Pradhyumnaya Namaha, Om Anirudhdhāya Namaha, Om Purushothamāya Namaha, Om Adhokshajāya Namaha, Om Nārasimhāya Namaha, Om Atchuthaya Namaha, Om Janārdhanāya Namaha, Om Upendrāya Namaha, Om Harayē Namaha, Om Sri Krishnaya Namaha, Om Sri Krishna Parabrahmaṇē Namaha.

SAMDHYŌPĀSANA – UTHTHARABHĀGAMU / GĀYATHRI AĀVĀHANAMU

(THRIKĀLASAMDHYALAYAMDHU OKĒ VIDHAMUGĀ NUMDUNU)

Om Mithyēkāksharam Bhrahmā - AgnirDēvathā I Bhrahma Ithyārsham I Gāyathram Chhandham Paramāthmam SvarūpamI Sāyujyam Viniyogamıı

Āyāthu Varadhā Dēvī Akshram Bhrahma Sammitham I Gāyathrīm Chhamdhasām Mā Thēdham Bhrahma Jushasvamē ıı Yadhahnāth KuruthēPāpam Thadhahnāth Prathi Muchyathē I Yadryāthriyāth Kuruthē Pāpam Thadhrāthriyāth Prathi Muchchyathē I SarvaVarṇē MahāDēvi Samdhhyā Vidhyē Sarasvathi I Ō jō(a)si Sahō(a)si Balamasi Bhhrājō(a)si Dēvānām Dhhāmanāmāsi I Visvamasi Visvāyuhu Sarvamasi SarvāyuRabhibhūrōm ıı

(Ee Krindi Naamamulu Patthimchuchu Rendu Chēthulatho Dhōsiloggi Dēvini Thanalōniki Aāhvānimchunatlu Chēthulu ThanaVaipunaku Thrippukonavalayunu)

01. Gāyathrī Māvāhayāmi, 02. Sāvithrī Māvāhayāmi 03. Sarasvathī Māvāhayāmi, 04. Chhmdhar Shī Nāvāhayāmi, 05. Sriya Māvāhayāmi, 06. Bala Māvāhayāmi, Gāyathryā GāyathrīChchhandhō Visvāmithra, Rushihi Savithā Dēvathā Gāyathrī Chhamdhaha (Namaskarimchavalenu), Agnirmukham I (KudiChēthithō Mukhamunu Thākavalenu) Bhrahmā Sirō I (Sirassupai Thākavalenu), Vishṇur Hrudhayam I (Hrudhayamunu Thākavaleyunu) Rudhrassikhā I (ThalaVenuka Bhāgamu (sikha) nu Thākavalenu) PrudhhivīYōnihi I (Boddu Krindi Bhāgamunu Thākavalenu) Prāṇāpāna Vyānōdhāna Samānāsaprāṇā Svēthavarṇā SāmkhyāyanasaGōthrā Gāyathrī Chathurvimsathyaksharā ThripadhāShattkukshihi PamchaSīrshōpanayanē Viniyogaha*ıı Aābhrahma Lōkādhāsēshāth Aālōkā Lōka Parvathāth I Yēvasamthi DvijāDēvāha ThēBhyō Nithyam Namō Namaha ıı Apasarpamthuthe Bhūthāha Yēbhūthā Bhuvisamsthhithāha I YeBhūthā Vignakarthāraha Thēgachchhamthu Sivājñayā ıı Aāsana Manthrasya Prudhivyāha MēruprushtthaRushihi – Suthalam Chhamdhhaha – Kūrmō Dēvathā - Aāsanē Viniyōgaha I PruthhivithvaYādhruthā Lōkāha Dēvithvam Vishṇunādhruthā I Thvamchadhhāraya MāmDēvi Pavithram kuruchānanam ıı

GĀYATHRĪ JAPA SAMKALPAMU

(Ithi Thaththasthhānēshu Thaththardhēvathā Aāvāhya.)
(Aāchamanam Kruthvā Suchowdhēsē Upavisya Japam Kuryāth)
(Sthhalasudhdhhim Vidhhāya ıı Kusājinādhyānanē Sūryābhimukha Upavisya Japam kuryāth ıı)

ĀCHAMYA : - Om Kēsavāya Swāhā, Om Nārāyaṇāya Swāhā, Om Mādhavāya Swaha, Om Gōvindāya Namaha, Om Vishṇavē Namaha, Om Madhu Sūdanāya Namaha, Om Trivikramāya Namaha, Om Vāmanāya Namaha, Om Sridharāya Namaha, Om Hrushīkēsāya Namaha, Om Padmanābhāya Namaha, Om Dāmodarāya Namaha, Om Sankarshaṇāya Namaha, Om Vasudevāya Namaha, Om Pradhyumnaya Namaha, Om Anirudhdhāya Namaha, Om Purushothamāya Namaha, Om Adhokshajāya Namaha, Om Nārasimhāya Namaha, Om Atchuthaya Namaha, Om Janārdhanāya Namaha, Om Upendrāya Namaha, Om Harayē Namaha, Om Sri Krishnaya Namaha, Om Sri Krishna Parabrahmaṇē Namaha.

PRĀṆAYĀMAM

Ōm Bhūh – Ōm Bhuvaha - Ōm Svaha – Ōm Mahaha – Ōm Janaha – Ōm Thapaha – Ōm Sathyam – Ōm Thathsavithurvarēṇyam BhargōDēvasya Dhhīmahi Dhhiyō Yō Naha Prachōdayāth – Ō Māpō Jyōthī Rasōmrutham Bhrahmā Bhurbhuvassuvarōm||(3 Times)

LAGHU SAMKALPAMU

Om Om Om Mama Upāththa Samastha Durithakshaya Dhvārā Sri Paramēṣhvara Mudhisya, Sri Paramēshwara Prīthyarthham Prataha (Madhyānhīka – Sāyam) Samdhhyāmga (Dhasa / AshttōththaraSatha /Sahasra/Yathhāsakthi) Gāyathrī Mahāmanthra Japam Karishyē ıı (Ani Udhdhariṇithō Nīru Thīsukoni KudiChethi Dvārā Palḷemulō Viduvavalenu)

Slo. Suklāmbaradharam Vishṇum Sasivarṇam Chathurbhujam I Prasanna Vadanam Dhyāyēth Sarva Vignōpasāmthayē ıı

GĀYATHRĪ DHYĀNAM

Aāyāthvithyanuvākasya – VāmaDēvaRushihi – AnushttupChamdhhaha – Gāyathrī Dēvathā - Gāyathryāvāhanē Viniyōgaha ıı

(Aāyāthu = Aāvāhayāmi) Āyāthu Varadhā Dēvī Akshram Bhrahma Sammitham I Gāyathrīm Chhamdhasām Mā Thēdham Bhrahma Jushasvamē ıı Yadhahnāth Kuruthēpāpam Thadhahnāth Prathi Muchyathē ı Yadryāthriyāth Kuruthē Pāpam Thadhrāthriyāth Prathi Muchchyathē I SarvaVarṇē MahāDēvi Samdhhyā Vidhyē Sarasvathi I Ō jō(a)si Sahō(a)si Balamasi Bhhrājō(a)si Dēvānām Dhhāmanāmāsi I Visvamasi Visvāyuhu Sarvamasi SarvāyuRabhibhūrōm ıı 01. Gāyathrī Māvāhayāmi, 02. Sāvithrī Māvāhayāmi, 03. Sarasvathī Māvāhayāmi, 04. Chhamdhar Shī

Nāvāhayāmi, 05. Sriya Māvāhayāmi, 06. Bala Māvāhayāmi. Sāvithryā Rushihi Visvāmithraha – DēvīGāyathrī Chhamdhaha Savithā Dēvathā Gāyathrī Manthrajapē Viniyogaha*.

PranavasyaRushi Bhrahmā - Dhaivī Gāyathrī Chhamdhaha – ParamāthmāDēvathā - Bhūrādhi Saptha Vyāhruthīnām – Athri, Bhrugu, Kuthsa, Vasishttha, Gowthama, Kāsyapa, Aāmgīrasa Rushayaha I Gāyathryushṇi Ganushttu Bhruhthīpajñi Thrīshttubjagathyaha Chhamdhāmsi I <u>AgnivāyavyakarVāgīsa</u> Varuṇemdhra Visvē Dēvā Dēvathāha I Sāvithrya Rushihi Visvāmithra DēvīGāyathrī Chhamdhaha – SavithāDēvathā - GāyathrīSirasaha – BhrahmaRushihi – Anushttup Chhamdhaha – Paramāthmā Dēvathā - Prāṇāyāmē Viniyōgaha ıı DasaPrāṇāyāmam Kruthvā I Prāthaha (Mādhyāhnika / Sāyam) Samdhhyā Gāyathrī Mahā Manthra Japam Karishyē.

01. Om Bhūh Pādhābhyām Namaha

(Rendu Chēthulathō Rendu Pādhamula Pai Bhagamu Thākavalenu)

(Chēthulu KaduguKonavalenu)

02. Om Bhuvaha Jānubhyām Namaha

(Rendu Chēthulathō Rendu Mōkāḷḷu Thākavalenu)

03. Om Svaha Katibhyām Namaha

(Rendu Chēthulathō Rendu Chattalu Thākavalenu)

04. Om Mahāha Nābhyai Namaha

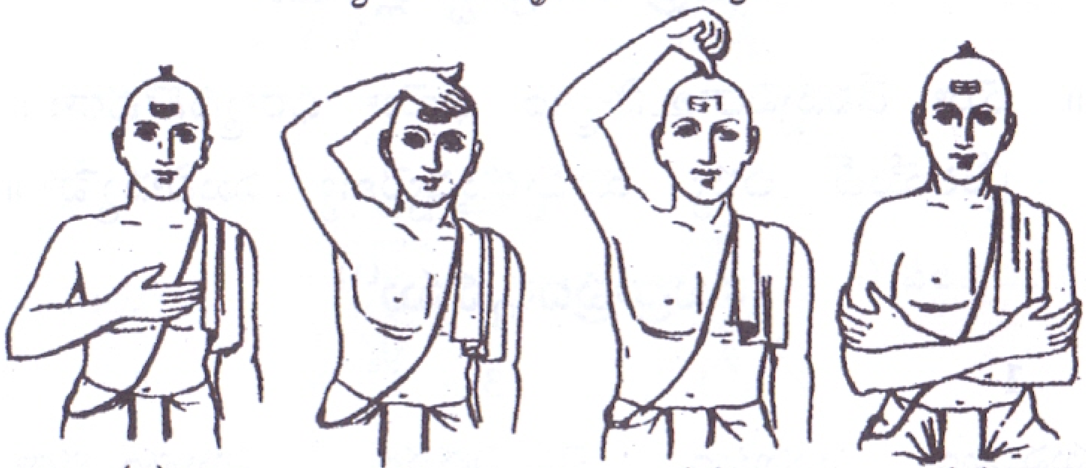
(Kudi Chēthithō Boddunu Thākavalenu)

కరన్యాస, అంగన్యాసాది చిత్రములు

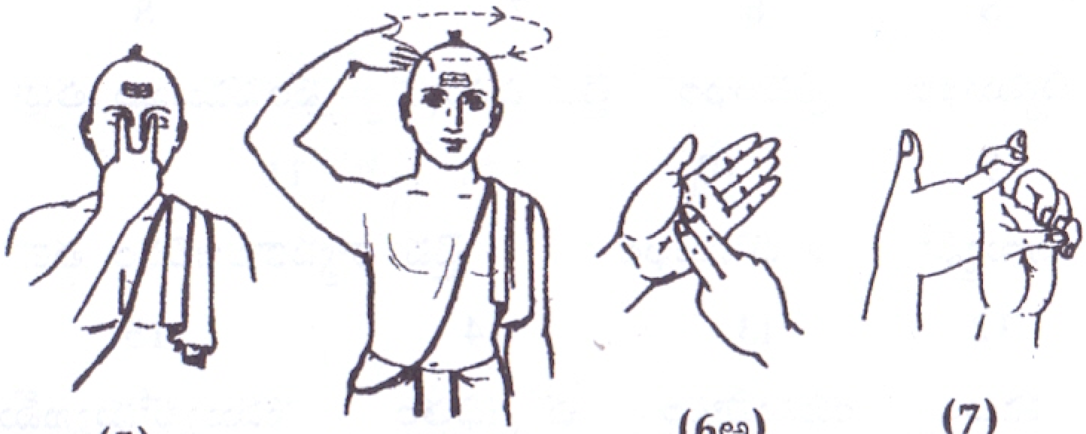
కరన్యాసము



అంగన్యాసము (హృదయాదిన్యాసము)



(1) (2) (3) (4)



(5) (6) (6అ) (7)

(1) హృదయాయ నమః (2) శిరసేస్వాహా (3) శిఖాయైవషట్ (4) కవచాయ హుమ్ (5) నేత్రత్రయాయ వౌషట్ (6, 6అ) అస్త్రాయఫట్ (7) దిగ్బంధః

05. Om Janaha Hrudhayāya Namaha

(Kudi Chēthithō Hrudhayamunu Thākavalenu)

06. Om Thapaha Kamtthāya Namaha

(Kudi Chēthithō Kamtthamunu Thākavalenu)

07. Om Sathyam Lalātāya Namaha

(Kudi Chēthithō Nudhurunu Thākavalenu)

ATHHA KRĀMGANYĀSAHA

Om Thathsavithuhu – Bhrahmāthmānē - Aamgushttābhyām Namaha (Rendu AraChēthulalō Chūpudu Vrelithō BotanaVrelunu KrindiNundi Paiki Thākavalenu)

Om Varēṇyam – Vishṇvāthmānē - Tharjanēbhyām Namaha (Rendu AraChēthulalō Botana Vrelithō Choopudu Vrēlunu KrindiNundi Paiki Thākavalenu)

Om Bhargō Dēvasya – Rudhrāthmanē - Madhyamābhyām Namaha (Rendu AraChēthulalō botana Vrēlithō MadhyaVrēlunu Krindhi Nundi Paiki Thākavalenu)

Om Dhhīmahi – Sathyāthmanē - Anāmikābhyām Namaha(Rendu AraChēthulalō botana Vrēlithō Umgarapu Vrēlunu Krindhi Nundi PaikiThākavalenu)

Om Dhiyō Yō Naha – Jṇānāthmanē - Kanishtthi Kābhyām Namaha (Rendu AraChēthulalō botana Vrēlithō Chitikena Vrēlunu Krindhi Nundi Paiki Thākavalenu)

Om Prachōdhayāth – Paramāthmanē - KarathalakaraPrushtthābhyam̄ Namaha (KudiChēthi Vrẹḷḷathō YedamaChēthi Vrēḷḷanu, Yedama Chēthi Vrẹḷḷatho KudiChēthi Vrēḷḷanu Thuduchukonavalenu.)

ATHHA ANGANYĀSAHA

Om Thathsavithuhu – Bhrahmāthmānē - Hrudhayāya Namaha (KudiChēthi Velḷathō Hrudhayamunu Thakavalenu)

Om Varēṇyam – Vishṇvāthmānē - Sirasē Svaha (KudiChēthi Velḷathō Sirassumu Thakavalenu)

Om Bhargō Dēvasya – Rudhrāthmanē - Sikhayaī Vowshatt (KudiChēthi Velḷathō Sikhanu Thakavalenu)

Om Dhīmahi - Sathyāthmanē Srōthrāya - Kavachāyahum (KudiChēthi Velḷathō YedamaBhujamunu, YedamaChēthi Velḷthō Kudibhujamunu Thākavalenu)

Om Dhiyō Yō Naha – Jṅānāthmanē - Nēthrathrayāya Vashatt (KudiChēthi Velḷathō Kannulanu Thākavalenu)

Om Prachōdhayāth – Sarvāthmanē - Asthrāyaphatt (KudiChēthini Sirassu Chuttunu Thrippi, YedamaChēthilō Kotti Sabhdhamu Chēyavalenu)

Om Bhūrbhava Ssuvarō Mithi Dhigbamdhhaha ıı

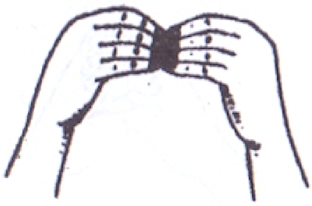
(Japamunaku Mumdhi Dhigbhamdhhaha Ani Cheppāli. MadhyaVrēlḷanu Rentini lamkegavēsi Thanavaipunaku Lāgavalenu) ~~(Japānamtharamu Dhigvimōkaha Ani Cheppi Rendu Madhya Vrelḷanu Melikavēsi VippiVēyavalenu)~~

DHYĀNAM

(Rendu Chēthulanu Jōdimchi Namaskarimchuchu GāyathrīDēvini Dhhyānimchavalayunu)

Slo ıı Mukthā Vidruma HēmaNīlaDhhavalḷa Chchhāyai RmukhaiSrīkshaṇaihi, YukthāMimdhukalā Nibadhha Makutām Thathvārthha Varṇāthmikām I Gāyathrīm Varadhābhhayām Kusakasā Ssūlām Kapālam Gadhām I Samkham Chakra

1) సుముఖమ్



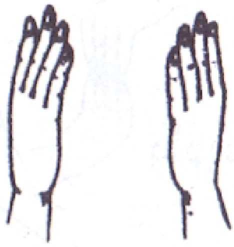
2) సంపుటమ్



3) వితతమ్



4) విస్తృతమ్



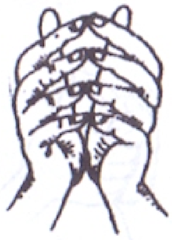
5) ద్విముఖమ్



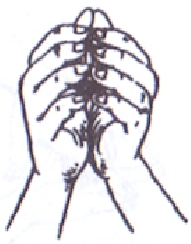
6) త్రిముఖమ్



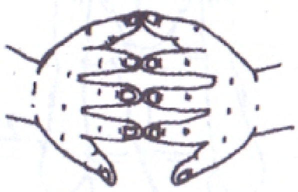
7) చతుర్ముఖమ్



8) పంచముఖమ్



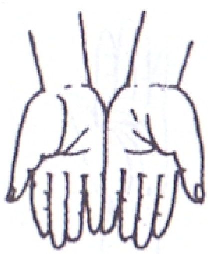
9) షణ్ముఖమ్



10) అధోముఖమ్



11) వ్యాప-
కాంజలిమ్



12) శకటమ్



[1]ముద్రాప్రదర్శనము గాయత్రీ పునశ్చరణచేయువారికే అని కొందరిమతము. ఎవరికి వారు తమ సంప్రదాయమును అనుసరించుట మంచిది.

Maththāravimdha Mukuḷam Hasthai Rvahamthīm Bhajē ıı

Sloıı YōDēva Ssavithā(a)Smākam Dhhiyō Dharmādhhigōcharāha I Prērayēth Thasya Yadhbhargaha Thadhvarēṇya Mupāsmahē ıı

MUDHRĀHA PRADHARSANAMU

Sumukham(1) Samputam(2) Chaiva Vithatham(3) Visthrutham Thathhā(4) Dvimukham(5) Trimukham(6) Chaiva Chathuhu(7) Pamchamukham Thathha(8) Shaṇmukhō(9) Adhōmukham(10) Chaiva Vyāpakāmjalikam Thadhā(11) Sakatam(12) Yamapāsam(13) Cha Gradhhitham(14) Sanmu(Sammu)khōnmukham(15) Pralambam(16) Mustikam(17) Chaiva Mathsyaha(18) Kūrma(19) Varāhakam(20) SimhāKrāmtham(21) MahāKrāmtham(22) Mudhgaram(23) Pallavam(24) Thathhaıı

(Ithi Mudhrā Na Jānāthi Gāyathrī Nishpalābhavēth – Yēthāmudhrā Pathrōktha KarādhiVinyāsēna Dharsayithvā)

PAMCHANYĀSA PŪJĀ

01. Om Lam Prudhhivīthathvāthmanē Gamdhham Samarpayāmi. 02. Om Am Aākāsathathvāthmanē Pushpam Samarpayāmi. 03. Om Yam Vāyuthathvāthmanē Dhhūpa Māghrāpayāmi. 04. Om Ram ThējasthaThvāthmanē Dhīpam Dharsayāmi. 05. Om Vam Amrutha Thathvāthmanē Amrutha Naīvēdhyam Samarpayāmi. 06. Om Sam Sarvāthmanē

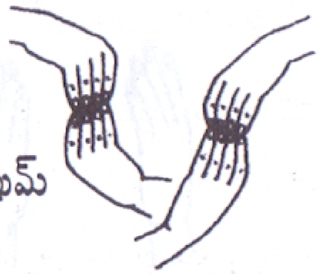
13) యమపాశమ్





14) గ్రథితమ్

15) సమ్ముఖోన్ముఖమ్





16) ప్రలంబమ్

17) ముష్టికమ్





18) మత్స్యః

19) కూర్మః





20) వరాహకమ్

21) సింహాక్రాంతమ్





22) మహాక్రాంతమ్

23) ముద్గరమ్





24) పల్లవమ్

Sarvōpachāra Pūjā Ssamarpayāmi.

YATHHOKTHA SAMKHYAYA GAYATHRI JAPAM KRUTHVA

Gāyathrī Manthrajapamu

“Om Bhūrbhuvaha Svaha I Thathsa Vithurvarēṇyam Bhargō Dhēvasya Dhhīmahi I Dhhiyō Yō Naha Prachōdhayāth”

(ParaBhrahma Svarūpamu PariPūrṇaMainadhi. Adhi Sachchidhanamdha Svarūpamu. SvayamJyōthi Svarūpamu. Adhi SrushtiSthithiLaya Kārakamu. Athyamtha Srēshttamainadhi. Ajñana Manedu Chīkatini Rūpumāpunadhi. Atti Dhivya Thējassu Mā Budhdhulanu SanMārgamuna Prērēpinchugāka! Aā Parabhrahma Thējassunu Mēmu Dhyānimche-dhhamu)   (Ma Yokka Budhdhivruththulanu Prērēpimchu Aamtharyāmi Yagu Yē Dhivya Thējassu Galadhō, Aatti Thējassunu, Memu Dhyānimchedhamu.) (Gāyathrī Mantramunu 108 Samkhyaku Thakkuvakākumdā Japamu Chēyāli. 1008 Chẹsthē Marī Mamchidhi. Yathāsakthigā Japam Chēyavalenu. Prāthahakālamu Thūrpu Mukhamugā Nilabadi, Sayamkālamu Paschima Mukhamugā Kūrchumdi Gāyathrī Japamu Chēyavalenu. Madhyāhnamu Prāgmukhamugā Nilabadi Ledhā Kūrchumdi Ayinanu Japimchavachchunu. Samdhhyalō Gāyathrī Manthramunu Karamāla pai Japimchuta Uththamamu. Japamālalō Kellā RudhrākshaMala Srēshttamu Ani Cheppabadinadhi)

YATHHASAKTHI GAYATHRI MAHA MANTHRA JAPAM KARISHYE

JAPANAMTHARA NYĀSAHA

01. Om Bhūh Pādhābhyām Namaha

(Rendu Chēthulathō Rendu Pādhamula Pai Bhagamu Thākavalenu)
(Chēthulu KaduguKonavalenu)

02. Om Bhuvaha Jānubhyām Namaha

(Rendu Chēthulathō Rendu Mōkāḷḷu Thākavalenu)

03. Om Svaha Katibhyām Namaha

(Rendu Chēthulathō Rendu Chattalu Thākavalenu)

04. Om Mahāha Nābhyai Namaha

(Kudi Chēthithō Boddunu Thākavalenu)

05. Om Janaha Hrudhayāya Namaha

(Kudi Chēthithō Hrudhayamunu Thākavalenu)

06. Om Thapaha Kamtthāya Namaha

(Kudi Chēthithō Kamtthamunu Thākavalenu)

07. Om Sathyam Lalātāya Namaha

(Kudi Chēthithō Nudhurunu Thākavalenu)

ATHHA KRĀMGANYĀSAHA

Om Thathsavithuhu – Bhrahmāthmānē -
Aamgushttābhyām Namaha (Rendu AraChēthulalō Chūpudu Vrelithō BotanaVrelunu KrindiNundi Paiki Thākavalenu)

Om Varēṇyam – Vishṇvāthmānē -
Tharjanēbhyām Namaha (Rendu AraChēthulalō Botana Vrelithō Choopudu Vrēlunu KrindiNundi Paiki Thākavalenu)

Om Bhargō Dēvasya – Rudhrāthmanē -
Madhyamābhyām Namaha (Rendu AraChēthulalō botana Vrēlithō MadhyaVrēlunu Krindhi Nundi Paiki Thākavalenu)

Om Dhhīmahi – Sathyāthmanē -
Anāmikābhyām Namaha(Rendu AraChēthulalō botana Vrēlithō Umgarapu Vrēlunu Krindhi Nundi PaikiThākavalenu)

Om Dhiyō Yō Naha – Jñānāthmanē -
Kanishtthi Kābhyām Namaha (Rendu AraChēthulalō botana Vrēlithō Chitikena Vrēlunu Krindhi Nundi Paiki Thākavalenu)

Om Prachōdhayāth – Paramāthmanē -
KarathalakaraPrushtthābhyam̄ Namaha
(KudiChēthi Vrēḷḷathō YedamaChēthi Vrēḷḷanu, Yedama Chēthi Vrēḷḷatho KudiChēthi Vrēḷḷanu Thuduchukonavalenu.)

ATHHA ANGANYĀSAHA

Om Thathsavithuhu – Bhrahmāthmānē - Hrudhayāya Namaha (KudiChēthi Velḷathō Hrudhayamunu Thakavalenu)

Om Varēṇyam – Vishṇvāthmānē - Sirasē Svaha (KudiChēthi Velḷathō Sirassumu Thakavalenu)

Om Bhargō Dēvasya – Rudhrāthmanē - Sikhayaī Vowshatt (KudiChēthi Velḷathō Sikhanu Thakavalenu)

Om Dhīmahi - Sathyāthmanē Srōthrāya - Kavachāyahum (KudiChēthi Velḷathō YedamaBhujamunu, YedamaChēthi Velḷthō Kudibhujamunu Thākavalenu)

Om Dhiyō Yō Naha – Jṇānāthmanē - Nēthrathrayāya Vashatt (KudiChēthi Velḷathō Kannulanu Thākavalenu)

Om Prachōdhayāth – Sarvāthmanē - Asthrāyaphatt (KudiChēthini Sirassu Chuttunu Thrippi, YedamaChēthilō Kotti Sabhdhamu Chēyavalenu)

Om Bhūrbhava Ssuvarō Mithi Dhigvimōkaha ॥

~~(Japamunaku Mumdhi Dhigbhamdhhaha Ani Cheppāli. MadhyaVrēlḷanu Rentini lamkegavēsi Thanavaipunaku Lāgavalenu)~~ (Japānamtharamu Dhigvimōkaha Ani Cheppi Rendu Madhya Vrelḷanu Melikavēsi VippiVēyavalenu)

DHYĀNAM

(Rendu Chēthulanu Jōdimchi Namaskarimchuchu GāyathrīDēvini Dhhyānimchavalayunu)

Slo ॥ Mukthā Vidruma HēmaNīlaDhhavalḷa Chchhāyai RmukhaiSrīkshaṇaihi, YukthāMimdhukalā Nibadhha Makutām Thathvārthha Varṇāthmikām I Gāyathrīm Varadhābhhayām Kusakasā Ssūlām Kapālam Gadhām ।



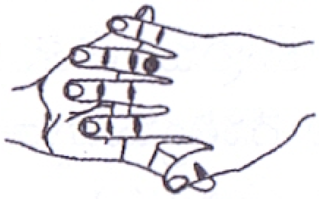
1) సురభిః



2) జ్ఞానమ్



3) వైరాగ్యమ్



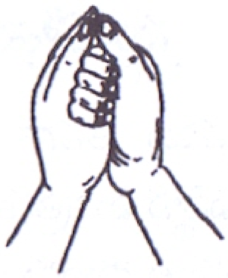
3) చక్రమ్



4) యోనిః



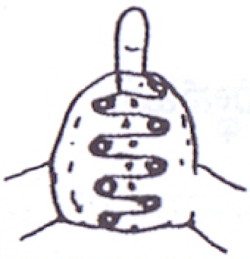
5) కూర్మః



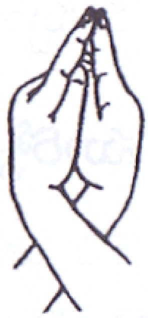
5) శంఖః



6) పంకజమ్



7) లింగమ్



8) నిర్యాణమ్ (నిర్వాణమ్)

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1. అష్టముద్రలను గురించిన వివరణ శ్లోకమునకు పాఠాంతరము కలదు. దానిని అనుసరించి 3వ, 5వ, ముద్రలు వేరు-వేరుగా రెండేసి ముద్రలు చూపబడినవి. తమ పాఠమును అనుసరించి ఇందలి ముద్రలను గ్రహింపగలరు.

Samkham Chakra Mathhāravimdha Mukuḷam Hasthai Rvahamthīm Bhajē II

Sloıı YōDēva Ssavithā(a)Smākam Dhhiyō Dharmādhhigōcharāha I Prērayēth Thasya Yadhbhargaha Thadhvarēṇya Mupāsmahē II

UTHTHARAMUDRĀHA

Surabhihi(1) jṅāna(2) Chakram(3) Cha Yōnihi(4) Kūrmō(a)thha(5) Pamkajam(6) Limgam(7) Niryāṇa(8) Mudhrāchē Thyashtamudhrāha Prakīrthithāha Lamithyādhi Pamchapūjāmchakuryāth.

(Ani AshttaMudhralanu Pradharsimchavalenu)

Anena Prāthaha (Madhhyāhnīka/Sāyam) Samdhhyāmga Gāyathrī ManthraJapēna Sarvāmtharyāmī Paramēsvaraha Prīṇathu – Na Mama I ThaThsath ParaBhrahmārpaṇamasthu II

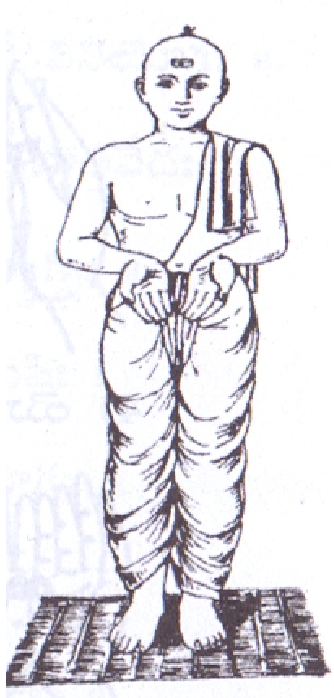
(Ani Thamu Chesina Gāyathrī Manthra Japamunu Eesvararpaṇa Budhithō Nītini Chēthilō posikoni Dēvathīrthamu Dvārā (VrēḷḷaChivarala Nundi) Palḷemulō Jalamunu viduvavalenu.)

(SŪRYŌ) SANTHHYŌPA STHĀNAMU

(Upasthānamu Anagā Sthhāna Niyamamuthō Kūdi Prārthanamu. Upasthāna Manthramulanu PrāthahaKālamu Mariyu Madhyāhnā Kālamula Yamdhu Pragmukhamugā (Thūrpudhisagā) Nilabadi, Sāyamkālamunamdhu Paschimābhi Mukhamugā (Padamara Dhisagā) Kūrchumdi Pattimpavalenu.)

01. PRATHAHAKĀLA SŪRYŌPASTHHANAMU

(Sūryābhimukhamugā Nilabadi Chēthulu Jōdimchukoni Eē Krimdi Manthramuthō Prāthahakāla Sūryōpasthanamunu Patthimpavalenu)



Jāthavēdhasa Ithyasya Sūkthasya MarīchiPuthraha KasyapaRushihi – Jāthavēdhāgnir DhurgāDēvathā - Thrishtthup Chamdhhaha PrāthaSsamdhhyōpasthāne Viniyōgaha*.

Jāthavēdhasē Sunavāmasōma
Marāthīyathōnidhahāthi Vedhahasanaha
Parshadhathi Durgāṇi Visvānāvēva
Simdhum Dhurithāthyagnihi Thachcham
Yō Rā Vruṇịmahē gāthum yagnāya Gathum
yagnapathayē Daivī Svasthirasthunaha
Svasthirmānushēbhyaha Ūrdhvam Jigāthu Bhēshajam
I Sannō Asthu Dvipadē Sam Chathushpadē ı
Om Namō Bhrahmaṇe Namọ Asthvagneyē Namaha.
Prudhhivyai Nama Ōshadhhībhyaha Namovachē
Namō Vāchaspathaye Namo Vishnavē Mahathē
Karomi ıı Om Samthi Ssamthi Ssamthihi ıı

2. MĀDHHYĀHNĪKA SAMDHHYĀ SŪRYŌPASTHANAMU

(Madhyāhnamu Prāgmukhamugā Niluvabadi Rendu Chethulu Paikeththi Aarachēthulu Chachi MumdhuVaipunaku Umchi Lēdhā Rendu Chēthulu Jōdimchi Sūryōpasthhānamu Cheppavalayunu)



Uththamē Sikharē Dhēvī Bhūmyām
Parvathamūrdhhani I
Bhrāhmaṇēbhyōhyanujñathā Gachchham
Dēvi Yathhā Sukham ıı
Om AākrushṇēnaRajasā Varthamānō
Nivēsayanna MruthamMarthyamcha I
Hiraṇyayēna Savithārathhēnā Dēvō
Yāthibhuvanāni PasyanııUdhuthyam
JāthaVēdhasamithi ThrayōdhasaSūkthasya –
Kaṇvaputhraha Praskanna Rushihi – SūryōDēvathā -
Navādhyā Gāyathrī-Chhamdhaha –
Udvayamthamasasparīthi Chathasrōnushttubhaha
Udyanna Dhyēthithri Chōrōgaghnāha Upanishdham
Chōrdhhachō Dhvishaghnāha Sūryōpasthhānē
Viniyogaha*.

Udhuthyam Jāthavēdhasam Dēvam Vahanthi Kēsavaha I Dhrusē Visvāya Sūryam I Apathyē Thāya Vō Yathhā I Nakshathrāyamthyakthubhihi I Sūrāya Visvachakshasē I AdhrusramasyaKēthavō Virasmayō Janām Anu I Bhrājanthō Agnayōyathhā I Tharaṇirvisva Dharsathō Jyōthishkrudhasi Sūrya I Visvamābhāsi Rōchanam I Prathyajdhēvānām Visaha Prāthyagndhēshi Mānushān Prathyagvisvam Svar Drusē I Yē Nā Pāvaka Chakshasābhuraṇyam Tham Jānām Anu I ThvamVaruṇapasyasi I Vidhyāmēshi Rajasprudhvaha I Mimānō Aākthubhihi Pasyan

Janmāni Sūrya Sapthathvā Harithō Rathhē Vahamthi Dēva Sūrya I Shōchishkēsam Vichakshṇa I Ayuktha Saptha Sumdhhyuvaha Sūrō Thathhasya Nararthārāha Thābhiryāthi Svayukthibhihi ıı

Udhvayam Thamasaspari Pasyamthō Jyōthiruththaram I Dēvam Dēvathrā Sūryamaganma Jyōthiruththamam I Udhyamnadhyamithramaha Aārōhannuththarām Dhivya I Hrudhrōgam Mama Sūrya I Harimāṇam Cha Nāsaya I Sukēshu Mē Harimāṇam I Ropaṇā Kāsudhadhhmasi I Athhaōhāridhravēshu Mē I Harimaṇam Nidhadhmasi I Udagādaya Mādithyo. Viswēla Sahasā Saha. Dvishamtham Maham Ramdhhayanmō Aham Dvishathērathham ıı

Chithram Dēvānāmudhagādhanīkam Chakshurmithrasya Varuṇasyāgnēha I Aāprādhyāvā Prudhhivī Amthariksham Sūrya Aāthmā Jagathastha Sthhushascha I   Thhachchhakshu Rdhēvahitham Purasthā Chchhukramuchchharath.

Sūryō Dēvī Mushasam Rōchamānām – Maryō Nayōshā Mabhyēthi Paschāth – Yathrānarō Dēvayamthō yugāni I   Vithanvathē - Prathi Bhadrāya Bhadhram – Bhadhrā Asvā Harithaha Ssūryasya Chithrā Yēthagvā Anumādhyāsaha – Namasyamthō Dhiva Aāprushttha Mamaha – Paridhvāva Prudhhivīyamthi Sadhyaha – Thathsūryasya

Dēvathvam Thanmahithvam – Madhhyākarthō Rvithatham SamjaBhāra – Yadhēdhayuktha Harithaha Ssadhasthhādhā Dhrāthrī Vāsasmanuthēsi Masmai – Thanmithrasya Varuṇasyābhi Chakshē SūryōRūpam – Kruṇu Thēdyōrupasthhē Anamthamanya Dhrusadhasya Pājaha Krushṇa ManyadharithassamBharamthī - Adhyādhēdhā Udhitha Sūryasya Niramhasaha Pisruthā Niravadhyath – Thannō Mithrō Varuṇō Māmahamthā Madhithissimdhuhu Prudhivī Uthadhyowha I

Om Namō Bhrahmaṇe, Namō Asthvagnayē, Namaha Prudhhivyai, Namaha Ōshadhībhyaha, Namō Vāchē, Namō Vāchaspathayē, Namọ Vishṇavē, Mahathē Karomi ıı Vāsasthabhyām – Barhirivapravaramjē Bhadhrannō Abhivādhayē Namaha ıı

Iı Om Sānthi Sānthi Sānthihi ıı

03. SĀYAM SADHHYŌPASTHHĀNAMU (Sāyamkālamu Paschimābhimukhamugā Kūrchumdi Kamala Sadrusamuga mukuḷitha Hasthudai Sūryōpasthhānamunu Patthimpavalayunu)

YachchhidhdhhithēdhiDhasarchasya Sūkthasya Ajēgarthihi Sunassēpa Rushihi I Varuṇō Dēvathā - Gāyathrī Chchamdhhaha Varuṇopasthhanē Viniyogaha

Om Yachchhidhdhhithē Visōyathhā Pradhēva Varuṇavratham I Minīmasidhya Vīdhyavi I Mānōvadhāya Hathnevē Jihilḷā Nasyarīradhaha I

Māhruṇā Nasya Manyavē I Vimruḷī Kāyathē Manōrathhīrasvam Na Samdhidhītham I GīrbhivaruṇasīMahi Parāhimē VimanyavahaPathamthi Vasya Ishtayē I Vayōnavasathī Rupa Kradhākshathra Srayam Naramāvarūṇam Karāmahē ı Mruḷikāyōruchakshasam I Thadhithsamāna Māsāthē Nēnamthāna Prayuchchathaha I Dhruthavrathāyadhāsushē I Vēdhāyōvīnām Padhamamtharikshēṇa Pathatham I Vēdhanāvassamudhriyaha I Vēdhamāsōdhhrutha Vrathō DvādhasaPrajāvāthaha I Vēdhāya Upajāyathē I VēdhamVāthasya Varthanī MurōRushvasya Bruhathaha I Vēdhāyē Adhhyāsathē I Nishasādha Druthhavrathō Varuṇaha Pasthya3 Svā, Sāmrājyāya Sukrathuhu ı



JāthaVēdhasa Ithyasyasūkthasya Marīchiputhraha KasyapaRushihi – Jāthavēdhāgnir DhurgāDēvathā - Thrishttupchamdhhaha Sāyam SsamdhhyōpaSthhānē Viniyōgaha ıı Jātha Vēdhasē Sunavāma Sōma Marāthīyathō Nidhahāthivēdhaha I Sanaha Parshadhathi Dhurgaṇi Visvānāvēva Simdhum Dhurithāthyagnihi ıı Thachchamyō Rā Vruṇīma Hē Gāthum Yagnāya Gāthum Yagnapathayē Daivī Svasthirasthunaha I Svasthirmā Nushēbhyaha Ūrdhhvam Jigāthu Bhēshajam I Sannō Asthu

Dhvipadhē Sam Chathuspadē I Om Namō Bhrahmaṇē Namō Asthvagnayē Namaha Prudhivyai Nama Ōshadhhībhyaha NamōVāchē Namō Vachaspathayē Namō Vishṇavē Mahāthē Karōmi ıı

Iı Om Sānthi Sānthi Sānthihi ıı

(KŪRCHUNI) PRAṆĀNAYAMYA (THRIKĀLAMULAYAMDHU)

Om Bhūh – Om Bhuvaha - Om Suvaha – Om Mahaha – Om Janaha – Om Thapaha – Om Sathyam – Om Thathsavithurvarēṇyam BhargōDēvasya Dhhīmahī Dhhiyō Yō naha Prachōdayāth – O Mapō Jyōthī Rasōmrutham Bhrahmā Bhūrbhuvassuvarōm||

Prāthaha / Mādhhyāhnika / Sāyam Samdhhyō-pasthhānam Karisyē ıı (Nītini Palḷemulō Viduvavalenu)

(NILABADI) GĀYATHRĪ PRASTHHĀNA PRĀTHHANA (THRIKĀLAMULAYAMDHU)

Uththamē Sikharē Dhēvī Bhūmyām
Parvathamūrdhhani I
Bhrāhmaṇēbhyōhyanu jṇathā
Gachchham Dēvi Yathhā Sukham ıı
Guhyāthi guhyā gopthri thvam gruhānāsmath
krutham japam ı
Sidhribhavathu mē devi thvath prasādāth surēswari ıı
Sthuthō mayā varadā vēdamāthā prachōdayanthi
pavanē dwijatha ı
Āyuhu prudhivyam dravinam bhrahmavarchasam
Mayhem dathvā prayāthum bhrahmalōkam ıı

PRĀTHAHAKĀLA, MADHHYĀHNIKA DHIGDHEVATHĀ NAMASKĀRAMU

(Dhiguva Manthramulanu Patthimchuchu Okkokka Dhikkunagala Dēvathalaku Namaskarimpavalenu – Konni Prāmthamulayamdhu Mādhhyāhnika Samdhhyalō Dhigdhēvatha Namaskāramu Chēyuta Āachāramugā Lēdhu. Kondharu Chēyu Chunnāru. Thama, Thama Sampradhāyamunu Anusarimchuta Mamchidhi.)

01. Om Namaha Prāchyai (Thurpu) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha

02. Om Namō Dhakshiṇāyai (Dakshiṇam) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha

03. Om Namāha Prathīchyai (Padamara) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha

04. Om Nama Udhīchyai (Uththaram) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha

05. Om Nama Ūrdhvāyai (Paiki) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha

06. Om Namo(a)dharayai (Krindhiki) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha

07. Om Namo(a)vāmtharāyai (Paina Chuttū) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha
08. Om Namo Amtharikshāyai (Paina Chuttū) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha

SAYAMKĀLA SAMDHHYĀVAMDHANA DHIGDHĒVATHĀ NAMASKĀRAMU

01. Om Namaha Prathīchyai (Padamara) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha
02. Om Nama Udhīchyai (Uththaram) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha
03. Om Namaha Prāchyai (Thurpu) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha
04. Om Namō Dhakshiṇāyai (Dakshiṇam) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha
05. Om Nama Ūrdhvāyai (Paiki) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha
06. Om Namo(A)dharayai (Krindhiki) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha

07. Om Namo(A)vāmtharāyai (Paina Chuttū) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha
08. Om Namo Amtharikshāyai (Paina Chuttū) Dhisē
YāschaDēvathā Yēthasyām
Prathivasamthyēthabhyascha Namaha

RUSHI DĒVATHĀDHI NAMASKĀRAMU

(Ithi Sūryābhi Mukha Rushi Namaskruthya) (Thrikālamulayamdhu)

Om Namō Gangā Yamuna Yō Rmadhhyē Yēvasamthi.
Thēmē Prasannāthmāna Chiramjīvitham
Vardhayamthi.
Om Namō Gangā Yamunayō Rmunibhyascha Namaha
01. Om Samdhhyāyai Namaha 02. Om Sāvithryai Namaha 03. Om Gāyathryai Namaha 04. Om Sarasvathyai Namaha 05. Om Sarvābhyō Dēvathābhyō Namaha 06. Om Dēvēbhyō Namaha 07. Om Rushibhyō Namaha 08. Om Munibhyō Namaha 09. Om Gurubhyō Namaha 10. Om Māthrubhyo Namaha 11. Om Pithrubhyō Namaha 12. Om Kāmōkārshīnmanyura Kārshīn Nnamō Namaha.

Om Pruthhi Vyāpa Sthējō Vāyu Rākāsāth I Om Namō Bhagavathē Vāsu Dēvāya I Yāgam Sadhā SarvaBhūthāni Charāṇi Sthhāvarāṇicha I Sayam PrātharNamasyamthi Sāmā SamdhhyābhiRakshthu. II Sivāya VishṇuRūpāya SivaRūpāya Vishṇavē I Sivasya Hrudayam Vishṇu Rvishṇoscha Hrudhayagam Sivaha II

Yathhāsiva MayōVishnu RēvamVishnumayaSsivaha. Yathhāmtharam Na Pasyāmi Thathhā Mē Svasthirāyushi ıı Bhrahmaṇyō Dēvakīputhrō Bhrahmaṇyō Garudadhhvajaha I Bhrahmaṇyaha Pumdarīkākshō Bhrahmaṇyō Madhhusūdhanaha ıı Namō Bhrahmaṇya Dēvāya Gō BhrahmaṇaHithāyachaı Jagadhdhhithāya Krishṇaya SrīGōvimdhāya Namō Namaha ıı KshīrēṇaSnāpithāDēvi Chamdhanēna Vilēpithē I BilvapathrārchithēDēvi Thvāmaham Saraṇamgathaha ıı Namo (a)sthvananthāya SahasraMūrthayē SahasrāPādhākshi Sirōrubāhavē Sahasra Nāmnē Purushāya Sāsvathē SahasraKōti Yugadhhāriṇē Namaha. Bhadrannō Abhivādhaya Namaha.

Aākāsāth Pathitham Thōyam Yathhā Gachchhathi Sāgaram ıı Sarva Dēva Namaskāraha Kēsavam Prathi Gachchhathihi

SrīKesavam Prathigachchhathyō NnamaIthi ıı

Slo ıı AbhrahmalōkāDhāsēshāth Aālōka lōka Parvathāth.

Yeva Samthi Dvijā Dēvāha Thēbhyō Nithyam Namō Namaha ıı Sarva Vēdhēshu Yathpuṇyam Sarva Thīrthhēshu Yathphalam ı

Thathphalam Samavāpnōthi (Purusha Aāpnōthi) Sthuthvā Dēvam Janārdhanam

VāsanādhVāsuDēvasya Vāsitham Thē Jagathrayam ı Sarvabhūtha Nivāsō(a)si VāsuDēva Namō(a)sthuthē ıı

ABHIVĀDHANAMU

(YedamaChēthi ChūpuduVrẹlu, MadhyaVrēluthō Kudi Chevi Thammenu, Kudichēthi ChūpuduVrēlu, MadhyaVrēlithō Yedama Chevi Thammenu Pattukonavalenu. KudiChēyi Paiki Undavalenu. EeKrimdhi Vidhamugā Thama, Thama Gothra Pravara, Nāmādhikamulanu Cheppukoni Rendu chēthulu Jōdimchi Ahivādhanamu Chēyavalayunu)

"Chathussāgara Paryantham Gō Bhrahmaṇebhyaha Subham Bhavathu (Yeka, Dvi, Thri, Pamcha, Saptha …………….. (Ex. Aāthrēyasa, Aārchanānasa, Srāvāsya ThriyāRushīya) Aārsheya Pravarānvitha ………………(Ex. Aāthrēyasa) Sa Gōthraha Aāsvalāyana Sūthraha Ruk Sākhādhyāyī Sri ……………………… (Peru) Sarmān Aham Bhō Abhivādaye ॥

(KŪRCHUNI) AĀCHAMANAM

Om Kēsavāya Swāhā, Om Nārāyaṇāya Swāhā, Om Mādhavāya Swaha, Om Gōvindāya Namaha, Om Vishṇavē Namaha, Om Madhu Sūdanāya Namaha, Om Trivikramāya Namaha, Om Vāmanāya Namaha, Om Sridharāya Namaha, Om Hrushīkēsāya Namaha, Om Padmanābhāya Namaha, Om Dāmodarāya Namaha, Om Sankarshaṇāya Namaha, Om Vasudevāya Namaha, Om Pradhyumnaya Namaha, Om Anirudhdhāya Namaha, Om Purushothamāya Namaha, Om Adhokshajāya Namaha, Om Nārasimhāya Namaha, Om Atchuthaya Namaha, Om

Janārdhanāya Namaha, Om Upendrāya Namaha, Om Harayē Namaha, Om Sri Krishnaya Namaha, Om Sri Krishna Parabrahmaṇē Namaha.

SAMARPAṆAMU

(KudiChēthilō Jalamununchukoni Eekrindhi Slokamunu Patthimchi Eēsvarārpaṇamugā Paḷḷemulō Nīftini Vadhalivēyavalenu.)

Slo ıı Yasyasmruthyācha Namōkthya Thapassamdhhyā
Kriyādhishu ı
Nyūnam Sampurṇathām Yāthi Sadhyō Vamdhē
Thamachyutham ı

Slo ıı Manthrahīnam Kriyāhīnam Bhakthihīnam
Janārdhana ı
Yathkrutham Thu Mayā Dēva Paripūrṇam
Thadhasthu Thē ıı

Anēna Prāthaha (Madhhyāhnika / Sāyam) SamdhhyāVamdhanēna Bhagavān Sarvāthmakaha Thathsarvam Sri VāsuDēvaha Prīṇāthu.

(Anuchu Jalamunu Paḷḷemulō Vadhalavalenu)

Slo ıı Kayēna Vāchā Manasēmdhriyairvā
Budhdhhyā(a)thmanā Vā Prakruthēha Swabhāvāth ıı
Karōmi Yadhyath Sakalam Parasmai Nārāyaṇāyēthi
Samarpayāmi ıı

ııOm Thathsath Sarvam Srī Parabhrahmārpaṇmasthu ıı

Madhyē Mamthra Thamthra Swara Varṇa Lōpa Dhōsha Prāyaschithārthham VishṇōrnāmaThraya Mamthrajapam Karishyē ı

Kēsavāyanamaha, Nārāyaṇāyanamaha
Mādhhavāyanamaha I KēsavaNārāyaṇaMādhhava
KēsavaNārāyaṇaMādhhavēbhyōNamaha ıı

Adhyānō Dēva Savithaha Prajā Vathsāvī, Ssowbhagam,
Parā Dhushvapnayam Suva ı
Visvāni Dēva Savithaha Rdhhurithāni Parāsuva,
Yadhbhadhram Thanna Asuva ıı
(Kūrchnna Sathalamamdhu Udhaka Prōkshaṇamunu Chēsi Umgarapu Vrēlithō Nosata Rakshādhāraṇa Chēsukonavalenu)

Om Thathsath Bhrahmārpaṇamasthu

/ Ithi Rugvēdhīya Prāthaha (Madhhyāhnika / Sāyam) Samdhhyōpāsanam Samāptham /

(Bhagavadh Bhakthi Bhāvamu Lēkumdā Chēsedi Nishkāmakarma Shōbhimchadhu. Atlē BhakthiVinā Apāramaina Sāsthrajñānamu Sampādhimchinanu Adhi Rāṇimchadhu. Kāvuna Kāmyakarmalu Bhakthi Sambharithamulainappudē Avi SubhaPradhamulu, Mukthi Kārakamulu Agunu. Okavēḷa Kōrika Lēkumdā (Nishkāmya) Karmalanu Aācharimchinanu Avi Bhagavadharpithamulugā Jariginappudē Lakshyamu Sidhdhimchunu. Kanukanē Samdhhyōpāsanamu Ithyādhi Nithyakarmalu Chēyunappudu Mumdhugā Samkalpamlō - Paramēsvara Mudhdhisya, Paramēsvara Prīthyarthham Aniyu, Mugimchunappudu ‘Kāyēna Vāchā Manasēmdhriyairvā …….’ Anu Slōkamu Vidhigā Cheppavayunani Cherchabadinadhi. Thadhvārā Manam Chēsē Karmalannī Manaku Theliyakumdānē Pavithramulai, SubhaPradhamulaguchunnavi. Lōkakaḷyāṇamunaku Hēthuvulu Aguchunnavi. Idhiyē Mana Sanāthana Rushi Sampradhāyamulō Dhāgiyunna Goppadhanamu.) --- Om Om Om ---

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……….. x ………..

ADHITHYA HRUDAYAM

Namassavithrē JagaDhēka Chakshusē I Jagathprasūthi Sthithi Nāsahēthavē I Thrayīmayāya Thriguṇāthma Dhāriṇē Virimchi Nārāyaṇa Samkarāthmanē ıı

Thathō Yudhdha Parisramtham Samarē Chimtha Yā Sththitham ı
Rāvaṇam Chagrathō Dhrushtva Yudhdhhaya Samupasthithham ı ı
Daiva Thaisya Samāgamya Dhrashttyu Mabhȳga Thōraṇam ı
UpāgamyābraVīdhrāmā Magasthyō Bhagavān Rushihi ı ı
Rama Rama Mahābāhō Sruṇu Guhyam Sanāthanam ı
Yēna Sarvā Varīn Vathsa Samarē Vijayisyasi ı ı
Aādhithya Hrudayam Puṇyam SarvaSathruVināsanam ı ı
Jayāvaham Japēnnithya Makshayyam Paramam Sivam ı ı
Sarvamamgaḷa Mamgaḷyam Sarvapāpa Praṇāsanam ı
Chimthāsōka Prasamana Māyurvardhana Muththamam ı
Rasmimamtham Samudhyamtham Dēvāsura namaskruthamı
Pūjayasva Vivasyamtham Bhāskaram Bhuvanēsvaram ı ı
SarvaDēvāthmakō Hyēsha Thējasvī Rasmibhāvanaha ı ı
Yēsha Dēvāsura Gaṇan Lōkān Pāthi Gabhasthibhihi ı ı
Yēsha Bhrahmācha Vishnuscha Sivasskamdhaha Prājapathihi ı ı
Mahēmdhrō Dhanadhaha Kālō Yamassōmō Hyapāmpathihi ı ı
Pitharo VasavassādhyāHyasvinow̄ Maruthō Manuhu ı
Vāyurvahnihī PrajāPrāṇa Ruthukarthā Prabhākaraha ı ı
Aādhithya Ssavithā Sūryaha Khagaha Pūshā Gabhasthimān ı
Suvarṇa Sadhrusō Bhānuhu Svarṇarēthā Dhivākaraha ı ı
Haridhasva Ssahasrārchi Ssapthasapthi Rmarīchimān ı
Thimirō Nmathhanassambhu Sthvashtā Mārthamda Amsumān ı
Hiraṇya Garbhaha Sisirasthapanō Bhāskaro ravihi ıı
Agnigarbhō Dhithem Puthraha Samkha Ssisiranāsanaha ıı
Vyōmanāthhasthamōbhēdhī Rugyajussāmapāragaha ı

Ghanavrushi Rapāmmithrō Vimdhyavīthhi Plavamgamaha ı ı
Aāthapī Mamdalī Mruthyuhu Pimgaḷa Ssarvathāpanaha ı ı
Kavirvisvō Mahāthējā Rakthaha Ssarva Bhavōdhbhavaha ı ı
Nakshathra Grahathārāṇā Madhipō Visvabhāvanaha ı ı
Thējasāmapi Thējasvi Dhvādhsāthma Nnamō(A)sthuthē ı ı
NamahaPūrvāya Girayē Paschimē Girayē Namaha ı ı
Jyōthirgaṇanam Pathayē Dhināthhipathayē Namaha ı ı
Jayāya Jayabhadhrāya Haryasvāya Namō Namaha ı ı
Namō Namaha Ssahasrāmsō Aadhithyāya Namō Namaha ı ı
Nama Ugrāya Vīrāya Sāramgāya Namō Namaha ı ı
Namaha Padhmaprabhōdhhāya Mārthāndāya Namō Namaha ı ı
Bhrahmēsānāchyūthēsāya Sūryāyādhithyavarchasē ı
Bhāsvathē Sarvabhakshāya Rowdhrāya Vapushē Namaha ı ı
Thamōgnāya Himagnāya Sathrugnāyāmithāthmanē ı ı
Kruthagnagnāya Devāya Jyōthishām Pathayē Namaha ı ı
Thapthachamī Karābhayā Vahnayē Visvakarmaṇē ı
Namasthamō(A)bhinignāya Ruchayē Lōkasākshiṇē
Nāsayathyēsha Vai Bhutham Tha Dhēva Srujathi Prabhuhu ı
Pāyathyēsha Thapatheyēsha Varsha Thyēsha Gabhasthibhihi ı
Yēsha Supthēshu Jāgarthi Bhūthēshu Parinishtthithaha ı ı
Yēshachaivāgnihōthram Cha Phalachaivāgnī Hōthriṇam ı ı
Vēdhāscha Krathavaschaiva Krathūnām, PhalamēvaCha ı
Yānikruthyāni Lōkēshu Sarva Yēsha Ravihi Prabhuhi ı ı
Yēnamāpathsu Kruchchēshu Kāmthārēshu Bhayēshu Cha ı
Kīrthyan Purushaha Kaschinnāvasīdhathi Rāghava ı ı
Pūjayasvainamēkāgrō DēvaDēvam Jagathpathim ı
Yēthaththi Gunitham Japthvā Yudhdhhēshu Vijayisyasi ı ı
Asmin Kshaṇe Mahābahō Rāvaṇam Thvam Vadhhishyasi ı
Yēvamukthvā Thadhā(A)gasyō Jagāma Cha Yathagatham ı ı

Yēthachchruthvā Mahāthōjā Nashtasōkō (A)bhavaththadha ı
Dharayāmāsa Suprītho Rāghavaha Prayathāthmavān ı I
Aādhithyam Prēkshya Japthvathu Param Harshamavāpthavān ı
Thrirāchamya Suchirbhūthvā Dhhanurādhāya Vīryavān ıı
Rāvaṇam Prēksha Hrushtāthmā Yudhdhhāya Samupāgamath ı
Sarvayathnēna Mahathā Vadhē Thasya Dhruthō (A)bhavath ı

Aththaraviravadha Nnirīshaya Ramam
Mudhithamanāha Paramam Prahrushyamāṇaha ı
Nisicharapathi Samkshyam Vidhithvā
SuragaṇaMadhhyagathō Vachastharēthi ı ı

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Contd… 2 (KONNI NIYAMAMULU/SŬCHANALU)… Nudhuta Addamuganu, Dhamda Chēthulayamdhu, Mumjēthulayamdhu, Bhujamulayamdhu, YedhuruRommu, Pottayamdhu, Naduma Venuka Bhāgamu Iruvaipula Dharimchavalenu. Sāyamkālamu Thadupaka Podi Vibhūthini Dharimchavalenu.

05. KUMKUMADHĀRAṆA:- Slo ıı Sarvamangaḷa Māmgaḷyē Sivē SarvārthhaSādhhakē, Saraṇyē Thriyambakē Dēvi Nārāyaṇi Namōsthuthē. Ani Patthimchuchu Nudhuta Numchukonavalenu.

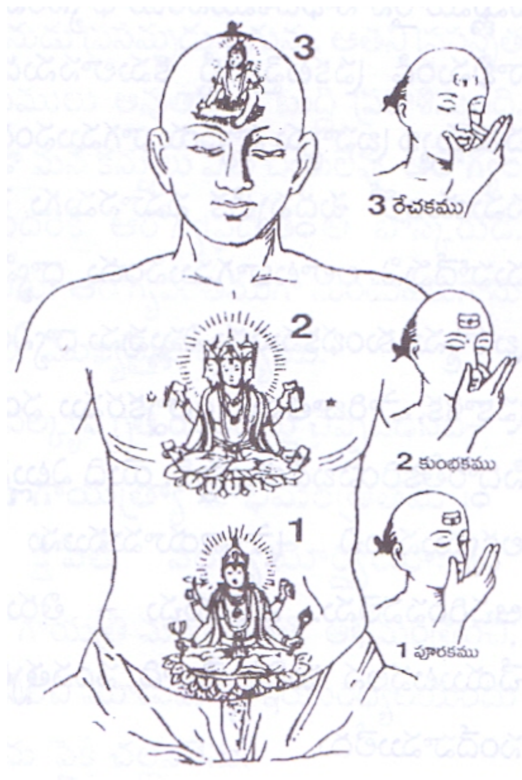
06. MADIVASTHRAMU:- Udhiki Aāravēsina Madi VasthramunuGāni, Dhāvaḷīgāni, PattubattaGāni Dharimchavalenu. (Vīnithō Bhōjanamu Chēyarādhu). (Dhāvaḷi, Pattu Vasthramulanu Mummāru Vidhilimchi Dharimchavalenu) – Sāyamkālamu Udhikina Vasthramu Chālunu.

07. SUKHĀSANAMU:- 01) Samdhyāvamdhanamu Chēyunappudu Nēlapai Kūrchonarādhu. Pītavēsukoni, Dhrbhasanamu, Lēdhā Chithrāsanamu-lalō Okati Parachukoni Sukhasīnudaguta Uththamamu. 02) Imtiyamdhu, Daīvasthānamaina Eēsānya Mūla Udhayamu, Madhyāhnamulamdhu Thūrpumukhamuganu, Sāyamkālamunamdhu Padamata Lēdhā Uththara Mukhamuganu Sūryuniki Abhimukhamugā Kūrchundavalenu.

08. SAMDHYĀVAMDHANA SAMAYA NIRṆAYAMU:- Udhayamunamdhu Nakshthramulumdaganē, Sāyamthramuna Nakshathramulu Kanpimpakapūrvamu, Madhyāhnamu Gam11.30 Numdi 1.00 Madhya Samdhyāvamdhanamunaku Thagina Samayamu.

09. PRĀṆĀYĀMAMU:- Mumdhugā Vennu, Kamttamu, Sirassu Mūdimtini Nitārugā Yēkadhamdamu Vale nilipi Kūrchumdavalenu. Anamtharamu Kudichēthi Amgushttamu (BotanaVrēli) thō KudiMukkunu Mūsi, Yedama Mukkudhvārā Nemmadhigā Gāli Pīlchuchū "Pūrakamu" Chēyavalenu. Lēdhā Prāṇayāma Manthramunu Dhyānapūrvakamugā Manassuthō Mūdumārllu ChadhuvuChū Pūrakamu Chēyavalenu.

Prārambhasādhakulu Māthramu Modhatlō Oka Paryāyamu Manthramuthō Gāli Pīlchutanu Prārambhimchi Nemmadhigā Mūdu Paryāyamula Varaku pemchavalenu. Tharvatha Anāmika, Kanishttika Vrēḷḷathō Yedama Mukku Ramdhramunu Mūsi Umchavalenu. Ippudu Mānasikamugā Prāṇayāma Manthramunu Mūdumārlu Pattimchavalenu. Rendu Mukku Ramdhramulu Mūyabadi Svāsanu Nilipi Umchutanu "Kumbhhakamu" Amdhuru. Anamtharamu Kudi Mukkunu Mūsi Umchina BotanaVrēlunu Tholagimchi, Nemmadhi Nemmadhigā Okamāru Prāṇayāma Manthramunu Mānasikamugā Cheppuchū Svāsanu Vadhilipetta Valenu. Svāsanu Vadhalipettu Kriyanu "Rēchakamu" Ani Amdhuru. Pūrakamu, Khumbhakamu, Rēchakamu Anu Mūdu Karmalanu Okasāri Chēyutanu Oka Prāṇamamani Amdhuru.



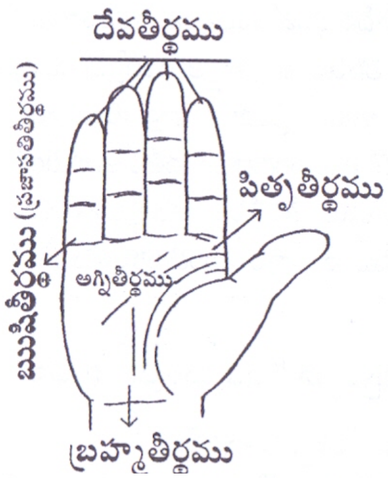
Manthrayukthamugā Pūrakamu Chēyunappudu Syāmasumdharudagu Chathurbhuja Vishnumūrthini NābhiDhēsamunamdhu, Kumbhaka Samayamlō Srīhari Nābhinumdi Prakatamainatti Aruṇagowra Misritha Varṇamugala Chathurmukha Brahmanu Hrudhaya Bhāgamunamdhu, RēchakaKriya Jarugu Samayamlō Sudhdhaspatika Samānamagu SvēthavarṇamuGaligina Thrinēthruni LalātaBhāgamuNamdhu Dhyānimpavalenani Cheppudhuru.

10. ARGHYAPRADHĀNAMU :- Udhayamu Nadhiyamdhu, Ledhā Thatāka-munamdhu SamdhyaVārchuta Srēyaskaramu. Atti SamayamuLamdhu Bodduvaraku Nītiyamdhu Nilabadi Arghyamu Nīyavalenu. Intilō Samdhya Vārchunapudu Oka Paḷḷemulō ArghyaJalamunu Vadhalavalenu. SāyamKālamu Namdhu Nilabadi ArghyamuNīyarādhu. Kūrchuni Arghyamu Viduvavalenu. Nītilō Gāni, Paḷḷemulō Gāni Arghyamu Viduvarādhu. Nēlapaina (Thokkani Pradhēsamu), Rāthipaina, ThadiGuddaPainanu Vadhalavalenu.

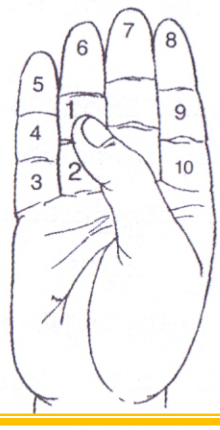
11. AĀCHAMANAMU:- Kudichēthi BotanaVrēlunu NadimiVrēli Modhatiki Thagulunatlugā Vamchi, Dhānimīdhiki ChūpuduVrēlunu Vamchi Pattinachō Gōkarṇākruthigā Yērpadu Arachēthilō Minapagimja Munugunamtha Parimāṇamulō Udhdhariṇithō Nītini pōsukoni, Mummāru Puchchukonavalenu. AāchaminchuNappudu Jurrukonunatlu Sabdhamurakumdā Puchchukonutayē Aāchamanamu.

Dvijudu PavithraSthalamuNamdhu Aāsanamupai Kūrchuni UththarābhiMukhudai Lēdhā PūrvābhiMukhudai Remduchēthulanu Jānuvu (Mokālu) Lōpalivaipu Numchukoni Kudi Arachēthithō BhrahmaThirthamu Dvārā Aāchaminchavalenu.

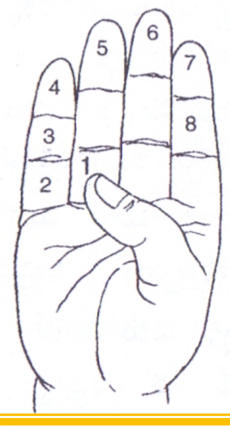
12. HASTHAMUNAMDHALI THĪRTHASTHANAMULU:- Aāchamanamunaku BhrahmaThirthamunu, DēvaTharpaṇamunaku Mariyu Samdhyārghya Thrpaṇamulaku Dēvathīrthamunu; Pithrutharpaṇamunaku Pithru Thir̄thamunu, Rushi Tharpaṇamunaku Prajāpathi (Rushi) Thir̄thamunu Viniyōgimchavalayunu. Modhata AgniThīrthaSthānamuna Jalamunumchi Aā Yā HasthaBhagamula Mīdhugā Sambamdhitha Tharpaṇamulanu Viduvavalayunu.



13. JAPAMU:- 1. Mānasikamu (Nāluka, Pedhavulu Kadhalakumdā Mounamugā Lōlōpalē Chēyuta) 2. Upāmsuvu (bayataku, Itharulaku Vinipimchakumdā Pedhavulu Kadhuluthū Nālukathō Japimchuta) 3. Vāchikamu (Bayataku Vinipimchunatluga



చిత్రము - 1



చిత్రము - 2

Cheppuchū Chēyu Japamu). Vāchikamu Kamtē Upāmsuvu Srēshttamu. Upāmsuvu Kamte Mānasikamu Marimtha Srēshttamu. Japamunu karaMālathō Lēdhā RudrākshaMālathō Chēyavalenu. KaraMālathō 1 Nundi 10 Varaku Thirigi 10 nundi 1 varaku Lekkimpavalenu. Rudhrakshamālathō cheyunapudu Sumēruvu(Madhya Rudrāksha) dhāti Mundhuku Lekkimcharādhu. Sumēruvu Nundi Thirigi Venukaku Lekkimpavalenu. Lekkimchunappudu Chēthini Lēdhā Japamālanu Vasthramuthō Mūsiyumchavalenu. Gayathrī Manthramunu Karamāla Dvārā Japimchuta Mamchidhani Cheppabadinadi.

14. Jātha, Mruthyādhula (Purudu, Maila) Kālamulalō ArghyaPrādhānamu-varaku Mamthrōchchhāraṇa PūrvakamugaChēsi, Gāyathrī Japamunu, Sūryōpasthānamunu Māthramu Mānasikamuga Salupavalayunani Anēka SmruthiVachamulu.

15. Subha, Asubha Sambamdhhamaina Yē Kāryakramamulainanu Udhayamuna SamdhyāVamdhanamu Chēsina Pimmatanē Neravērchavalayunu.

16. PARISHĒCHANAMU:- Nīru KudiChēthilōniki Thīsukoni Arachēyi Paikibatti Nītini BhōjanaPāthra Yamdhali Padhārthhamulapai Challuchu .... "Om Bhūrbhuvassuvaha Thathsavithurvarēṇyam BhargōDhēvasya Dhīmahi DhiyōYōnaha Prachōdhayāth ıı .... Ani Cheppavalenu. "Sathyam Thvarthēna Parimshimchāmi" Ani Chēthilōni Nītini Savyamugā Pāthraku Chuttunu Dhārapadunatlu YedamaVaipunumdi Kudivaipunaku Thrippavalenu (Rāthripūta "Ruthamthvā Sathyēna Parishimchāmi" Ani Chepavalenu). Marala Nītini Chēthilōniki Thīsukoni "Amruthamasthu" Ani Lōniki puchchuKonavalenu.

"Amruthōpastharaṇamasi" Ani Cheppuchū YedamaChēthi Madhya Vrēlunu Bhōjanapāthrapai Thākimchi Patti "Om Prāṇāya Svāhā, Om Apānāya Svāhā, Om Vyānāya Svāhā, Om Udhānāya Svāhā, Om Samānāya Svāhā Ani Cheppuchu BotanaVrēlu, MadhyaVrēlu, UmgarapuVrēlunu Chērchi Rendu Mūdu Methukulu Vamthuna Aidhumārlu Nōtiyamdhu Vēsikoni, Prāṇāhuthulanu (Annamupai 5 Chōtla Thīsikonuchu) Namalakumda Chapparimchi Mimgavalenu. Yedama Chēthi Vrēlunu Nītiki Thākimchi

SubhraparachuKonavalenu. Bhōjanānantharamu ….. KudiChēthilōniki NīruThisikoni "Amruthāpithānamasi" Anu Manthramuthō Sagamu Nīru Thrāgavalenu. Migilina Sagamu Nītini – "Rowravē Apuṇya Nilayē Padhmārbhudha Nivāsinam AkshināMudhakam Dhaththam Akshyya Mupathishttathu" Ani Cheputhū Apasavyamugā Bhojanapāthraku Yedama Vaipuna Vadalavalenu.

17. YAGNŌPAVĪTHADHĀRAṆA VIDHI:- Yedhēni Dharamu Thegipōyinappudu, Nālugu Māsamulaku Oka Paryāyamu, Srāvaṇi – Upākarma Samayamlō, Janana Mruthāsowchamula Nivruththiyamdhu, Srādhthakarmala Yamdhu, Yagnādhula Yamdhu, SūryaChamdhra Grahaṇa Nivruththi Anamtharamu, Asprusya Sparsavalana – Chithikāshttamunu, ChithiDhūmamunu, Chamdāluni, Rajasvalāsthrini, Savamunu, Bālimtharālunu, Sprusimchinachō Snānamu Aācharimchi Anamtharamu Yagnōpavīthamunu Marchukona Valayunu.

………..Samkalpamu Chivara Eē Vidhamugā Cheppukonavalayunu

…………..."Mama Srowtha Smārtha Nithya Naimiththika Kāmya Karma Anushttāna Yōgyathā Sidhdhyarthhyam, Bhrahmathējōbhi Vrudhdhyartham Cha Nūthana Yagnōpavītha Dhāraṇam Karishyē"

YAGNŌPAVĪTHA DHĀRAṆA MANTHRAMU

Om Yagnōpavītham Paramam Paivithram Prajāpathērya Thsahajam Purasthāth ı
Aāyushya Magrayam Prathimumcha Subhram Yagnōpavītham Blamasthu Thējaha ıı

Iti Yajnōpavītham Dhruthva. Aāchamya.

YAGNŌPAVĪTHA VISHARJANA MANTHRAM

Upavītham Chinnathamthum, Jīrṇam Kasmaladhūshitham ı
Visrujāmi Yasō Bhrahmavarchō Dhīrghayurasthu Mē ıı

Iti Jīrṇa Yagnōpavītham Visrujēth. Dvirāchamya.

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PL. NOTIFY ME IF ANY CORRECTIONS – 944 044 9650, 994 994 1430)